

Energetics in **Acupuncture**

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Five Element Acupuncture
Made Easy

Radha **Thambirajah**



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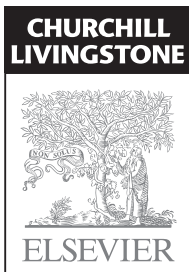
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Five Element Acupuncture
Made Easy

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Endorsements

Dr Thambirajah has finally written the bible of Five Elements Theory and Syndromes. It is a true gain for the TCM practitioner: clear text, descriptive graphics, well arranged, easily understandable, nevertheless comprehensive for the treatment of disease from the Chinese and Western points of view. Giving numerous practical examples, she shares with us the treasures of her experience.

—**Dagmar Ehling DOM, author of *The Chinese Herbalist's Handbook*;
international teacher, Durham, North Carolina, USA**

Radha Thambirajah has always managed to divide the world into five, the phases, and at the same time into two - her yin yang columns are legendary. This means she follows the classical tradition of pre-TCM times. She was the first teacher who guided me in a certain direction. Her vivid, inspiring classes motivated myself and generations of students to follow Chinese medicine. Radha taught me effective balancing methods, one-point therapies and various needling techniques as long as twenty years ago. She formed my concepts of the interchanging transformation from yang to yin and vice versa that can't be found in any of the common western textbooks, only surfacing in recent years in classes taught by Volker Scheid and Heiner Fruehauf.

Radha's practical knowledge and her therapeutic experience of decades is a living treasure that has finally been discovered. I am very happy that this book has been published at just the right moment. May its influence be widely spread.

—**Claudia Focks, author of *Atlas of Acupuncture* ; physician, Rottweil, Germany**

I started learning acupuncture in 1978, during my medicine studies, and in 1986 I was still looking for a good and clear professor. Then I found one. I could study and work with Dr Radha Thambirajah. After that, and probably because of that, I decided definitely to become a medical acupuncturist.

Her way of teaching Chinese medicine is clear and practical. But most importantly, this way of treatment applied in patients works quickly and efficiently. I hope Radha's book helps people to enjoy and love Chinese medicine.

—**Isabel Giralt, President of the Barcelona Medical Acupuncture section
affiliated to the Medical College, Barcelona, Spain**

Preface and acknowledgment

This book would be incomplete unless I thanked those people who played an important role in my life and who helped me to publish this book.

My father, Shanmugathan, had the foresight in 1966 to propose to specialize in acupuncture during my medical studies in China. He considered acupuncture as a simple and effective treatment method with a high potential. He deemed it important to make acupuncture well known outside of China. Were he alive today, he would see the release of this book as a proof that his conviction was correct.

After my return to Sri Lanka it was a hard fight to have acupuncture professionally acknowledged. However, I gained fame in Sri Lanka overnight and acupuncture was accepted as an efficient treatment modality, after I had successfully performed acupuncture analgesia during a tooth extraction in 1972 at the Dental Institute in Colombo, as witnessed by quite a few incredulous academics.

I want to thank Mr Thomas Pfeiffer from Berlin, who started organizing my classes in 1983 and thus introduced me to the West. Since these beginnings I have worked with many organisations and student groups all of whom I want to thank. During these years I have learnt a lot from my students and patients and have been reassured by their dedication.

Basically I see myself as a clinician and teacher. I was lucky to establish a cooperation with the German association Forschungsgruppe Akupunktur (Research Group for Acupuncture) who had the drive and the vision to perform pioneering works regarding the teaching of acupuncture and who increased acupuncture's

popularity and created awareness for acupuncture in the minds and groups of people who are either involved in therapy or in health politics. My special thanks in this respect go to Prof. Dr Albrecht Molsberger, without whom my lectures would never have reached a larger audience. His efforts and never weakening fight for acknowledgment of acupuncture in the medical world are to be admired. Working with the Forschungsgruppe has been an enormous inspiration for my work and for writing this book.

I had been frequently asked whether I would like to write a book on acupuncture. However, it was not until 2003 that I met my editor from Elsevier, Mrs Christl Kiener. Not only did she convince me to write this book, but she constantly gave me encouragement and constructive criticism. Her dedication involved passing many hours going through the manuscript line for line with me, on the phone and long after official hours. I am convinced this book would never have seen the light of day without her significant contribution.

Last but not least, my loving thanks go to Thambi, my husband, for his support towards my work, my teaching and my book, and for the fact that he gives me encouragement, help and space for my development and growth. During the difficult times of balancing clinical work, family, teaching obligations and writing this book he was always there for me, with patience, understanding and love. To him I dedicate this book.

Radha Thambirajah
September 2005

Introduction

Although most people believe that acupuncture encompasses a homogeneous body of knowledge and methods of practice; in reality, the theory and practice of acupuncture varies from country to country, school to school, and practitioner to practitioner. Since its origin in China about 4000 years ago, acupuncture has spread all over the world, initially from China to Japan and Korea, and more recently to the West. This, together with centuries of experience in using acupuncture to diagnose and treat various diseases and symptoms, has resulted in many revisions, modifications, expansions and adaptations of the techniques.

For example, ‘medical acupuncture’ as practised in the West bears very little resemblance to the method of acupuncture envisaged by its Chinese forefathers – apart from using needle insertion. Compared with other forms of treatment, such as allopathic medicine or homeopathy, the differences and the lack of uniformity is huge indeed. Every approach has its merits and disadvantages. My approach – since the inception of my practice of acupuncture – has been that of ‘energy balancing’ – choosing points that would cause energy flow between organs in order to balance their quality and quantity. I firmly believe that energy balance, as defined by the original scholars of Chinese Medicine, is fundamental to the understanding of the healthy and diseased states of the body; and that correcting the imbalances in energy flow is the very essence of acupuncture. Moreover, it is in keeping with the basic principles of Chinese Medicine as set out in the classics.

In the West, many practitioners use acupuncture together with Chinese herbal medicines. As in acupuncture, in the practice of Chinese herbal medicine, one tends to find remedies for general states such as ‘damp stagnation’, ‘rising Liver wind’ or ‘Kidney Yin and Yang deficiency’; these states are then treated by herbal remedies that will ‘circulate or eliminate

dampness’, ‘calm the rising Liver wind’ or ‘strengthen Kidney Yin and Yang’. These practitioners tend to use acupuncture in much the similar way – using points to circulate or eliminate damp, to calm the wind, or to tonify the Kidneys.

But acupuncture is much more than a symptomatic treatment; it can be used to send energy from where there is more to where there is less, and even to send only the Yin to an organ or disperse only the Yang from an organ. It can be used with precision and accuracy, so much so that should a treatment fail or the symptoms worsen, one could work backwards and revise the diagnosis that has been made before. This means that the response to our energy-balancing treatment provides the feedback as to whether our diagnosis was correct or incorrect. If it was incorrect, we can take the necessary action to correct it. This aspect of acupuncture has not so far received the attention it deserves, and this is one of the subjects I wish to emphasize in this book.

I believe that acupuncture should be a very individualized form of treatment that is specifically tailored for a patient. Even though there are some parts of the treatment that could be considered as common to many patients, the whole package offered to one person is definitely unique. The principles of ‘energy balancing’ have to be applied to the unique characteristics of the patient, which include his or her clinical presentation, appearance, associated symptoms, diagnosis through clinical examination, emotional character and general likes and dislikes.

Local and Distal points, Symptomatic points and point prescriptions for conditions diagnosed by Western medical practice all have their place. But a sound understanding of energy balancing is paramount for proper application of acupuncture. It is my experience that the outcome of treatment is vastly improved by the application of this method compared

with prescriptive practices. Although this is especially relevant if the patient seeks help for a chronic or sub-acute disease, even if the problem was an acute illness or a sports injury, there may be aspects concerning the general energy state of the patient that could be helped with acupuncture. The main aim is to improve the general well-being of the patient.

During consultation, we use traditional approaches such as observation, history taking and palpation to make a diagnosis of the energy imbalance in different areas and organ systems in the patient. A disease is only an imbalance in a meridian or in an organ, or multiple imbalances that are inter-related to each other. Once the diagnosis is made, the practitioner has at their disposal a number of methods of establishing a balance in one or many of these meridians or organs. If this change has to come from within the patient, it is important to change some aspects of diet, exercise, massage, lifestyle and environment, or administer herbal remedies. To believe that needles by themselves are sufficient to bring about a lasting clinical change is missing the idea of harmonizing energies both within the body and between the body and its surroundings. This is a fact that many practitioners fail to take into account including those who carry out clinical trials into the efficiency of acupuncture.

It is generally accepted even among the schools of medicine that medical conditions such as hypertension and diabetes need a holistic approach, including

changes in lifestyle and diet and other psychosocial interventions. It is necessary to lose weight, avoid fats and reduce stress for successful management of these conditions. Similarly, for acupuncture to succeed in treating disease, it is important to use as many methods as possible to achieve a balance of energies.

In order to treat imbalanced states of energy effectively and produce long-lasting results, it is necessary to educate our patients and motivate them to participate in their treatment. It is my firm belief that the patient should take responsibility for his/her energy imbalanced states (or diseases) and work together with the doctor or therapist to correct these. If this does not happen, the imbalance may resolve but not last in the long term. Over the years I have learnt that my treatment is like the heat that is given to an egg; if this is really an egg, then it will hatch into a chicken, but if it is a stone – not an egg – I could give it all the heat I can and it would not hatch into a chick. We can only provide the conditions for cure – the change, however, has to come from within the patient.

The wisdom of Traditional Chinese Medicine teaches us to: adapt our diet and lifestyle to the changing seasons; practise moderation and avoid excesses; and to understand the laws of Yin and Yang and their energy flow in the body. If we understand these aspects then not only will we cure disease, we will also prevent disease from attacking the body.

How to use this book

This book has been written in three parts:

- The theory
- The energy-balancing laws
- The diseases: symptoms and treatment

The theory deals with Yin and Yang and their clinical concepts, associations, imbalanced states, manifestations of these states and rules for balancing. Yin and Yang affect the five stages of our lives – this is explained with a graph on page 7. The terms Blood, energy and body fluid are introduced, and the various climatic pathogenic factors that attack the body from the exterior are discussed, as well as how they can move towards the interior (explaining why we refer to certain illness states as damp or wind etc.).

The theory of the Five Elements, which is the most important part of this book, forms nearly half the book. All common imbalanced states are described with four pictures of imbalance – Blood, Yin, Yang and Qi.

The energy-balancing laws explain the superficial and the deep energy circulation in the body. The meridian system is explained with its exterior and interior connection and uses, the Organ Clock, the relationship of the Five Elements with the Mother–Son Cycle and the Over-Powering and the Counter-Powering Cycle. The eight extra meridians and their uses are also covered. This part of the book also deals with treatment and diagnosis.

All diagnostic methods including history taking, observation, tongue and pulse diagnosis and making a diagnosis on the Five Element diagram are explained.

Needling and needle sensation, needling techniques and all the extraordinary therapies – moxibustion, cupping, plum-blossom-tapping, electrical stimulation of needles and bleeding – are also covered.

The diseases and their symptoms, differential diagnoses and treatment are included throughout the chapters on the Five Elements, and at the end of each of these chapters. Over 80 common diseases and symptoms are discussed and treatment is given for different causes of the same symptom. I have tried to explain the use of nearly every point in the prescriptions.

I have also used clinical illustrations and examples all through the book – so it may help to refer to the index when you wish to check the treatment for a particular problem. Every case history and treatment has been illustrated with the location of the points used, so that the reader does not have to look for these anywhere else. The idea was that this would make a good bedside (patient's!) book for the practice of acupuncture.

Explanation of Figures used in the Book

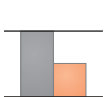
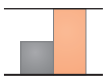
When talking about an energy imbalance, it is good to be able to visualize it. This also makes it easy to understand how to bring back the balance. Hence, I have used Yin and Yang figures to illustrate the imbalanced states. In fact, I introduced these figures in my teaching in 1978, and am very happy to see that they have become so popular that even Chinese schools are using them.



These two rectangles are Yin (black) and Yang (red) in balance. The upper black line shows that they are within the level of the body energy. Yin and Yang are always present together, although their quantities can vary. Depending on which of them is higher than the other, the disease would manifest Yin dominant or Yang dominant symptoms



Yin excess (Yin dominant) – Yang excess (Yang dominant). In both these figures there is an excess of one aspect while the other is quite normal. The treatment would involve sedating the excess Yin in the first case and sedating the excess Yang in the second case



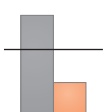
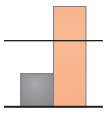
Yin deficiency (Yang dominant) – Yang deficiency (Yin dominant). These two figures show a deficiency of one aspect while the other side is quite normal. The treatment would involve tonifying the deficient Yin in the first case and tonifying the deficient Yang in the second picture



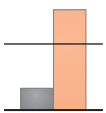
Excess of both aspects – the first excess should be sedated. This is usually a transitory state, as an excess of both Yin and Yang cannot last for long, and one side will become weaker soon



Deficiency of both aspects. This usually is a very chronic and weak state, which requires more than acupuncture (nutrition, warmth, rest and care) to improve the deficiency



Hyperactive Yang – stagnation/retention of Yin. This is a combination of an excess and a deficiency. This could either be a sub-acute state – when an acute disease is gradually becoming chronic; or it could be a recurrent state – when a chronic disease has an occasional flare-up. The treatment would involve sedating the excess side and tonifying the deficient aspect. This can be done very successfully with acupuncture



Fire-heat – a worse scenario than hyperactive Yang in degree, where the Yang is higher and the Yin is lower. This is generally a state that will either inter-transform into Yin or it could result in 'bursting out of Yang' – with symptoms such as spontaneous bleeding, urticaria, etc.



The deep red and rose rectangles represent Blood and Qi, respectively. Blood stands for red blood, and for nutrition, thick fluid, power of endurance and general energy. Qi means movement, function, circulation and distribution of Blood and nutrition, elimination function and activity. For more details, see pages 252-257

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CHAPTER 1

Yin and Yang

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'Yin and Yang is the principle of antagonism and unity of the natural world.'

'The transformation of all things in creation is performed on the basis of this law, and all creation and extinction originates in the law, in which mystery of all things in the natural works is harboured.'

Su Wen

'Yin and Yang are the sources of energy of all things in creation. Yin and Yang interact with each other, producing changes.'

Ling Shu



Fig. 1.1 Yin and Yang – the duality and the unity of opposites

1.1 YIN AND YANG – THE DUALITY OF ALL THINGS

The whole world and all the objects in it (living and non-living) and all natural phenomena, including the seasons, have a dual nature, that is two-sided. One cannot make absolute statements about any of them: the 24 hours that make up a day are part day and part night; each human being is a man *and* a woman as well; a house has an interior and an exterior; even the best of people have a bad side; and so on. This unity of opposites is essential to make a *whole* entity.

In fact, if one of the two sides did not exist, the other would lose the reason for its existence. In other words, the two sides are complementary, and one cannot exist without the other. For instance, there is no winter in the tropical regions –and therefore no summer, just warm weather throughout the year. There is, however, a rainy season and a dry season. In Europe, it rains throughout the year rather than during a particular season, but there are four seasons due to the very cold and warm temperatures at different times of the year.

1.1.1 The concept of Yin and Yang



Yin and Yang are both parts of an entity – of every object, person or phenomenon. The ratio of Yin and Yang could be different in different situations, but they are both always present. A change in the ratio between them would bring about a change in the situation or in the person (in their state of health, for instance).

Yin and Yang are also two of the few Chinese words that do not have an equivalent word in any other language. It is therefore necessary for us to visualize

them and understand their meaning – or better still, *feel* what they mean to us. Essentially, Yin is the darker side of anything, and the Yang is the brighter side. Yang is also described as the active and the changing side and is formless. The Yin is the solid form, it is the constant and passive side. In humans, the man represents the Yang and the woman represents Yin; in the seasons, spring and summer are more Yang and autumn and winter are more Yin. The sun represents Yang and the moon represents Yin.

When it is said that man is Yang and woman is Yin, it does not mean that a man is 100% Yang and that is why he is a man. Like everybody and everything around him, man is a combination of Yin and Yang – but he has relatively more Yang attributes than Yin in comparison to those in a woman. Some men could have more Yang and less Yin than others, and this could make them more masculine or more feminine, respectively. So when something is said to be of a Yang nature, it means that although Yin and Yang are both present simultaneously, Yang is dominant at this moment and Yin is weaker.

To understand Yin and Yang further, and in order to grasp their working relationship, we need first to look at what they stand for:

Table 1.1	
Yin	Yang
Cold	Hot
Passive	Active
Wet	Dry (Yin deficient)
Night	Day
Solid	Hollow
Dull	Bright, severe
Constant	Changing
↓ Descending	↑ Ascending
 Contracting	 Dispersing
Nutrition	Protection
Substance	Function
*These are the clinical concepts of Yin and Yang.	

It must be remembered that everything on earth can be classified as either Yin or Yang. I now go on to explain how these classifications can be used to diagnose disease states.

1.1.2 The clinical symptoms according to Yin and Yang, for differential diagnosis

Table 1.2	
Yin	Yang
COLD	HEAT
<ul style="list-style-type: none"> Feeling cold Symptom of disease worsens with cold and improves with heat Pale or blue complexion 	<ul style="list-style-type: none"> Inflammation, feeling hot Symptom of disease worsens with heat and improves with cold Red complexion
PASSIVE	ACTIVE
<ul style="list-style-type: none"> Hypoactive organ (e.g. bradycardia) Dull introverted person Symptoms worsening during rest and improving during activity 	<ul style="list-style-type: none"> Hyperactive organ (e.g. tachycardia) Restless, extroverted person Symptoms worsening during activity and improving during rest
WET	DRY
<ul style="list-style-type: none"> Oedema, mucus; excess fluid Symptoms that worsen in humid weather and improve in dry weather 	<ul style="list-style-type: none"> Deficient Yin – dryness (of skin, hair, mucous membranes) Brittleness (of nails, tendon and bones) Symptoms worsen in dry weather and improve in humid weather
NIGHT	DAY
<ul style="list-style-type: none"> Symptoms that start in the evening and worsen through the night, and are better in the daytime 	<ul style="list-style-type: none"> Symptoms that start in the mornings and worsen up to noon, then improve in the evenings.
DESCENDING	ASCENDING
<ul style="list-style-type: none"> Symptoms that manifest initially in the lower body (perineum) or limbs (legs, feet) e.g.: oedema, joint pains, etc. 	<ul style="list-style-type: none"> Symptoms that manifest initially in the highest part of the body (head and neck) or limbs (arms, hands) e.g.: hot flushes, neck tension, headache, etc.
CONTRACTING	DISPERSING
<ul style="list-style-type: none"> Movement from outwards to inwards Climatic factors causing internal symptoms such as joint pains and arthritis in cold weather Cramp, muscle tension in cold weather Contracted or hunched appearance 	<ul style="list-style-type: none"> Movement from inwards to outwards (e.g. sweating) Extension or arching back (opisthotonos) Interior causes showing external symptoms (urticaria after eating shellfish)
NUTRITION	PROTECTION
<ul style="list-style-type: none"> Nutritional state of tissue. Thin, fragile skin – Lung Yin ↓ Thick and oily skin – Lung Yin ↑ 	<ul style="list-style-type: none"> Immune system recurrent infections, worse if climate is often changing, as in respiratory infections (these would mean that protection is poor).

Table 1.2—cont'd

Yin	Yang
SUBSTANCE	FUNCTION
<ul style="list-style-type: none"> ■ Thickness of hair, skin; body weight, quantity of food, mucus, stool, urine. Anything that could be quantified: ■ Example – ↑mucus – Lung Yin↑ ■ ↑ head hair – Kidney Yin ↓ 	<ul style="list-style-type: none"> ■ Hyper- or hypo-function of organs ■ Frequent and urgent stools – LI function ↑* ■ ↓ Urination and odema – Kidney function ↓*
<p><i>*According to this categorization, the patient could be diagnosed to have a Yin dominant or Yang dominant disease</i></p>	

Table 1.3

Yin	Yang
If one wakes from sleep at nights with a bad headache, this would be a Yin dominant headache	A backache that worsens when being active and improves when lying still in bed is a Yang dominant backache
Less urination and a full Bladder as in hypertrophy of the prostate gland is a Yin dominant state with a poor function of the Bladder	Excessive stress and insufficient sleep could produce a Yang dominant tachycardia
Osteo-arthritis of the hip joint with pain at rest and morning stiffness that improves slowly over the day is a Yin dominant condition	Hip pain which is better during and after rest – and worsens when walking and being active, this would be a Yang dominant pain
Cough and asthmatic breathing worsening at nights and in damp-cold weather, with excessive frothy, white mucus is a Yin dominant disease	A typical seasonal asthma with dry cough and broncho-spasm, worse on exposure to pollen or animals is Yang dominant in nature

As you can see, there is no disease that is specifically Yin or Yang in character. This is determined by the associated symptoms and the causes that worsen or improve these symptoms.

1.1.3 Yang and Qi

The term function appears in the first table of Yin and Yang under the heading Yang. Although function is Yang in character, it is used slightly differently when referring to a disease state. Yang of a functional nature is called Qi (pronounced chi). The term Yang also suggests heat. Although, heat can accelerate the functional activities of organs in general, heat as in inflammatory conditions (harmful or pathogenic heat) can inhibit the healthy functioning of organs. And though the normal functions of certain organs such as the Heart can produce heat, the functional activities of some other organs, such as to promote circulation of fluid, elimination of stool, do not necessarily generate heat.

Box 1.1

Therefore, in order to be clear I will refer to Yang as warmth and to Qi as function from now on.

Functional Qi deficiency in an organ will lead to symptoms such as retention or stagnation of fluid and stool, and poor digestion and incontinence, whereas deficiency of the 'warm' Yang would cause coldness.

1.1.4 Yin and Blood

Similarly, Yin also includes Blood and fluid. The term 'Blood' refers not only to red blood itself, but also to nutrition in general. In nutritional deficiency this could lead to weakness, tiredness and poor endurance, paleness and coldness.

Box 1.2

The continued lack of nutrition fails to nourish the functional Qi of the organs. This means that a deficiency in the Blood naturally leads to deficient Qi.

But when Yin is deficient, there can be dryness without nutritional deficiency. This could lead to heat symptoms (as Yin is unable to control the Yang) and hyperactivity of organs.

EXAMPLE

A woman secretes less female hormones during menopause. One could say that she is therefore less feminine or less Yin, and this causes general dryness in her body. At the same time she also suffers from heat symptoms such as hot flushes, tachycardia, sleeplessness and restlessness.

1.1.5 Conclusion

Blood or nutritional deficiency in an organ may cause shrinkage, weakness and tiredness, thus slowing the normal functional energy, whereas a deficiency in Yin would cause dryness and the consequent heat symptoms.

Box 1.3

All the energy in us, in nature and all things around us are dominated by Yin and Yang. We cannot understand the changes in ourselves or the world around us without understanding Yin and Yang.

But Yin and Yang are always together – and are always relating to each other, and always reacting to the changes in each other. We must not forget that. It is this action and reaction that causes changes in and around us. Therefore, whenever we treat the Yin we should treat the Yang as well; when we treat a Yang disease we must take the Yin into consideration too. We are treating a changing state, not a fixed one.

1.2 YIN AND YANG IN THE FIVE PHASES OF LIFE

If one rolls a ball on the floor, it will roll along a line and finally come to a standstill at a point. In which direction this ball will roll, for how long and where it will come to a halt, depends on the various forces that are acting on the ball. In the same way, from the time before we are born, until the time after we die, there are different forces that are acting on us. However, these different types of influence can all be classified under Yin and Yang.

I have tried to illustrate this with a graph of the lifecycle. This shows the different stages in our life and how the Yin and Yang vary in their domination over the whole period.

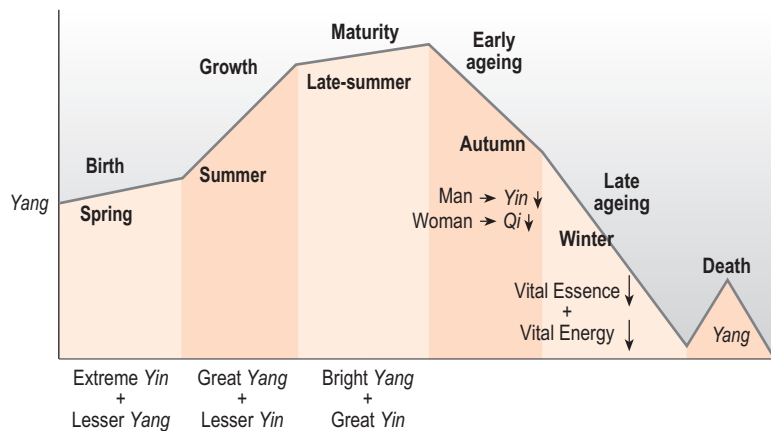


Fig. 1.2 The five phases of life

1.2.1 Birth

Pregnancy is the most Yin period of a woman's life – she holds much fluid, gains weight and becomes very feminine during this time. She grows another life within her, nourishing it with her life essence. This is the extreme point of Yin. *This is also the starting point to the change towards Yang.* If pregnancy is the Yin, then the fetus is the Yang within this Yin. It is a small Yang (stronger if it is a boy) to start with, but grows gradually to become strong enough to force itself out of the extreme Yin. This assertion of Yang from inside the extreme Yin is associated with the organs of the Liver and Gall Bladder. Birth – the beginning of life – is like spring in nature, when all the plant life which has been preserved safely within the earth during winter, pierces through it and emerges outwards as seedlings in spring. Similarly, birth is the beginning of Yang out of an extreme Yin situation.

1.2.2 Growth

The period of maximum growth can be called the summer period of our lives, because in summer all the trees grow taller. This period comprises the six to eight years around puberty. During this time our Yang grows very high within a short period, thus placing too great a demand on the **nutritional** Yin to nourish this growth. This continuous draining causes the nutritional Yin (Blood) to become deficient. This is the period of great Yang and lesser Yin (Kidney/Urinary Bladder, Heart/Small Intestine).

1.2.3 Maturity

This is the most balanced period of our lives – between 20 and 40 years of age, where our upward growth has stopped, and therefore the Yin rises to its normal level and it can finally equal the Yang. We also become physically more rounded and mature at this age. *It is the period of bright Yang and great Yin.* The organs belonging to this combination are Spleen/Stomach (and Lung/Large Intestine). As the Yin becomes higher, we also tend to hold more thick fluids in our bodies, and this slows down our circulation and metabolic rate. In nature, this period is comparable to late summer, with much heat and rain, when the leaves turn dark green and start bearing fruit. In humans too, this would be the best time of life to procreate – to produce offspring.

1.2.4 Early ageing

Ageing starts at 35 years of age in a woman and 40 years in a man. Because a woman is more Yin in nature, her early ageing begins with the decline in the functional Yang (Qi), causing problems such as poor circulation, constipation, stagnation of body fluids resulting in oedema, tumours, coldness, weight increase, and problems of Yin stagnation with a general slowing down. Man is more Yang in nature, and so his early ageing begins with Yin deficient problems such as back ache, loss of head hair, stress and tension, cardiac diseases, high blood pressure, and problems and symptoms of hyperactive Yang.

Early ageing in humans can be compared to autumn in the seasons. This period can be prolonged with good health, if one follows the correct lifestyle.

1.2.5 Late ageing

In late ageing, Yin, Yang, Blood and Qi all decrease. How quickly this happens depends on the person's lifestyle. A person contracting a serious infection without timely treatment; or someone meeting with a severe accident; or one who has to care for a sickly family member over a long period may age very quickly. This period in life has been compared to the season of winter.

When finally comes the time for death, the Yang must return – if it does not, it is possible that life will linger on. Even a patient in a very chronic sick state may brighten up before death. Death is determined by Yang, like a candle that flickers before it goes out. After death, however, the decaying process of the body is again taken over by the Yin.

1.2.6 Conclusion

Yin and Yang rule each stage of our life. Therefore, illness too is ruled by Yin and Yang, and is caused by an imbalanced state of Yin and Yang. It is possible to cure illness by ensuring balance between the Yin and Yang. This balance could be brought about by acupuncture, diet, herbal therapy, change of lifestyle etc., and not in just any one way. It is also necessary to maintain that balance so that one stays healthy. Understanding the relationship between Yin and Yang is important for both preventing and treating disease.

The human body can be divided infinitely into Yin and Yang – down to the level of the cells. But even a cell is not absolutely Yin or Yang in nature – it has both aspects. Yin and Yang cannot be divided or separated; there is no Yin without the Yang or vice versa.

1.3 YIN AND YANG ASPECTS OF THE BODY

Table 1.4	
Yin	Yang
Front	Back
Down	Up
Medial	Lateral
Interior	Exterior

The Yin and Yang aspects of the body should always be considered in comparison. 'Exterior is Yang' does not mean that one could *not* have Yin illnesses in the exterior, e.g. feeling cold and shivering. It means that skin disease or muscular problems are more likely to be Yang dominant, because of their contact with the exterior, than would a respiratory or a skeletal problem.

So, how does one make use of this information? Let us consider the following example:

CLINICAL EXAMPLE

A patient presented with dermatitis all over her body and limbs. Curiously, the front of the chest and abdomen were the only parts where the skin was not affected. These happen to be the Yin surfaces. Therefore, one could conclude that the patient has a Yang disease, and would improve with more Yin, as the frontal areas that already have more Yin are free of the disease. You could make the same assumption if someone had acne rosacea with a red face but cold pale feet.

Another patient presented with pain and oedema in the joints of her feet. After suffering with these pains for over a year, she also started getting pain in the knees and hips. Because the pains are mainly in the lower part of the body, this would be a Yin disease; if the patient had pains mainly in the hands, elbows, neck and shoulders, this would most likely be a Yang disease.

Of course, it is possible to have arthritis of joints in both the upper and lower parts and eczema all over the body. Then we cannot use these concepts for differentiating the symptoms but we can use other comparisons instead.

The Yin meridians flow along the medial and ventral sides of the arms and legs. The Yang meridians flow along the lateral and dorsal sides of the limbs. These Yin and Yang surfaces are based on the time when man was an ape and walked on his four legs – the dorsal and lateral parts of the body that were exposed to the exterior climatic factors (the protecting side) became the Yang surface. These areas have more body hair in order to cover and protect the body. The ventral and medial sides were the protected surfaces – they naturally became the Yin surfaces.

1.4 YIN AND YANG ORGANS OF THE BODY

Looking at the interior, we have both Yin and Yang organs – they are also called solid (Zhang) and hollow (Fu) organs. The Yin or solid organs nourish the body with Blood, nutrition, water and air. They circulate and distribute the nutrients and fluid to all the body. The Yang or hollow organs are mainly functional organs. They absorb the nutrients from the foods that are consumed, eliminate unwanted toxins, fluid and stools, and enable the Yin organs to receive pure nutritional energy.

Box 1.4

Yin (Solid) Organs	Yang (Hollow) Organs
Heart	Small Intestine
Lung	Large Intestine
Liver	Gall Bladder
Kidney	Urinary Bladder
Spleen	Stomach
Pericardium	Triple Warmer

There are 12 main organs in the body and, the others come under this umbrella group of organs. For example, the Kidney is related to the nervous system and bones, therefore the Kidneys govern the brain; the Urinary Bladder relates to uterus and prostate gland, etc. We will go through these associations in the chapters relating to the five elements.

The six Yin organs are paired with the six Yang organs as six couples. The coupled organs have an interior–exterior relationship. They are always diagnosed and treated together – as one unit. (The coupled organs and their internal–external relationship are further discussed on pages 157, 164. There are many clinical examples, and also how to balance energies between them.)

This is sometimes analogous to occidental medicine, in which the organs Liver and Gall Bladder function together, so they can be called coupled organs. But the organs Lung and Large Intestine have no anatomical relationship at all – it is thus quite surprising to find that they have a very strong energy relationship. The Lungs are also associated with the nose and skin according to Traditional Chinese Medicine (TCM). I have found that many patients who have allergic rhinitis have irritable bowel or ulcerative colitis; and some others suffering with symptoms of blocked nose or recurrent nasal polyps are rather constipated. In such cases, treatment of one organ alone often cures both problems.

1.4.1 The Triple Warmer

The sixth Yang or hollow organ in Chinese medicine is a curious and alien concept to occidental medicine, and has caused many hypotheses to be proposed among the TCM practitioners. I would like to add mine to this collection.

The Triple Warmer is the whole of the interior of our body, which, when entered into, would be warm. This warm interior space houses all the 10 Yin and Yang organs of the body. This is divided (for convenience of visualizing their joint functions) into three parts – namely, upper, middle and lower warmer. The part above the diaphragm is referred to as the upper warmer; the urinary and the reproductive system is thought to be in the pelvic area, which is the lower warmer; and the rest of the organs lie in the middle warmer.

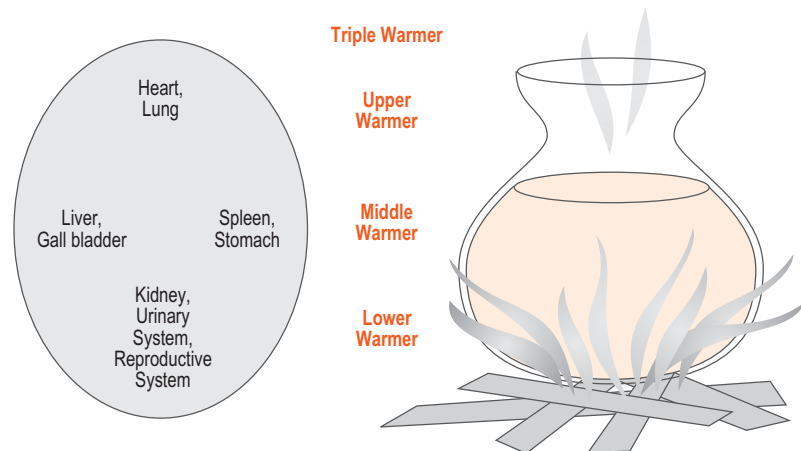


Fig. 1.3 The upper, middle and lower warmers

The middle warmer, which can be compared with a cooking pot, is where the main digestion and absorption of the nutrients takes place, with the intestines absorbing the pure nutrients and water and sending the rest to the Large Intestine to be defecated.

The lower warmer is the place of the Kidney and Urinary Bladder – the urinary and the reproductive systems; the latter is very active from puberty onwards – and is compared with the fire that cooks the pot and its contents.

If these two warmers work well together in harmony, the upper warmer with the Heart and Lung will get a steady stream of energy; if the pot is too full or empty – or if the fire is too high or low – the upper warmer will be affected adversely. Therefore, when treating problems of the Lungs or Heart, it is first important to check if the other two warmers are working well together. When the three warmers are in disharmony, there is major imbalance compared with the imbalance in one or two organs. It is also more complex to recognize a problem of the Triple Warmer disharmony.

Often, we see that there are symptoms in one warmer which seem like an excess state, but it is because of a deficiency of another part of the body. If we pay too much attention to the possible excess symptom, we can miss the importance of deficient symptoms elsewhere. I would like to explain this through a case I once saw at a clinical course in Germany.

CLINICAL EXAMPLE: MALE, 37 YEARS

We saw this man in the middle of winter. He had come in well-wrapped, with thick winter boots, and looked as if in pain. He had been suffering with a Stomach pain for a few months, had been investigated, and was given the all clear. The pain, however, had remained. His acupuncturist (who had been present) had tried all treatments to sedate a Yang dominant pain in the Stomach with no result. Could we help?

I looked at the treatment record of the patient. All possible points and dietary precautions had been thought of, and I could not find fault in it. I decided to take the pulses. When using three fingers to take the radial pulse, each finger is placed on the pulse position of a different warmer, with the ring finger usually at the lower warmer position. What struck me was that his lower warmer pulses on both hands were very weak. This showed a weakness of the Kidney and Urinary Bladder in the lower warmer. Also, he had very cold lower legs, in spite of his warm boots.

I had a feeling that his middle warmer (Stomach) showed signs of excess, only because the lower warmer was very weak. I decided to tonify the Kidney and Urinary Bladder using their Earth points – to drain the excess energy away to the lower part of the body. I also gave the Mu-front and back-Shu points of the Urinary Bladder and added moxibustion to these points, in order to increase the warmth in the lower abdomen. While moxa was being given on the lower abdomen, the patient commented that his Stomach pain had gone!

I could state more examples of Triple Warmer imbalances such as people with a thin upper body and wide hips and thighs, or a wide upper body, abdomen but thin hips and legs as examples of disequilibria in fat and fluid distribution.

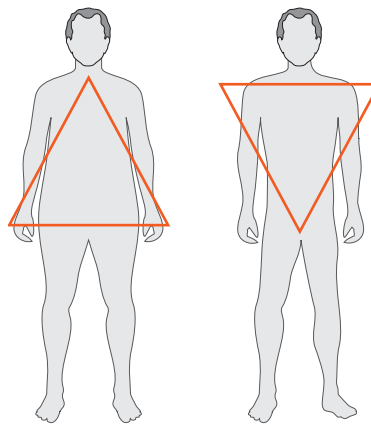


Fig. 1.4 Triple Warmer imbalances

The first type, who are 'bottom-heavy', are bound to show symptoms of Heart and Lung deficiency, such as a poor immune system and paleness, poor concentration and memory, arrhythmia or anxiety. They could also suffer from swollen legs and a dry cough because the Kidneys do not ascend water to the upper warmer. Heart and Lung should be tonified, if possible with points that take the energy from the middle or lower warmer. Some ideas for points:

Lu 1, Lu 7, LI 1 (the Metal point of LI will take Yin away from the Kidney on opposite side of the Organ Clock), and points K 3 and UB 58 improve the Yang and Qi of Kidney and Urinary Bladder and help them to ascend water.

Sedation of Sp 21 (exit point) and tonification of H 1, the entry point of the Heart can be used to balance the Yin dampness in the Spleen and the Yin and Blood deficiency in the Heart. (Point H 1 is usually forbidden for needling. Therefore, this should be needed in a slightly compromised point – at the end of the anterior axillary fold.)

1.5 YIN AND YANG RELATIONSHIPS

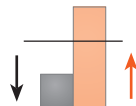


This is a picture of Yin and Yang in *absolute* balance, in every organ – every cell of the body. This almost never occurs except during a transitory stage. Yin and Yang are ever changing their state, always relating to each other – thus changing the state of the organs in the body as well.

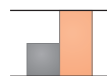
1.5.1 Yin and Yang balance



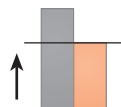
In the morning, after sleep and a good breakfast our energy state may be like this



But, then we start to work or to be active and our Yang increases to create functional energy. The blood and Yin decrease as they give up the stored nutrients to fuel the functional energy



At the end of four hours of work, our Yin/Blood decrease according to use and we feel tired, hungry and thirsty



After eating a big lunch and dessert, we are too full of food (Yin) to go on being active, and feel lethargic, sleepy and lazy

Box 1.5

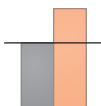
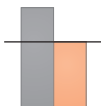
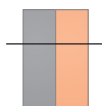
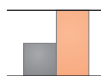
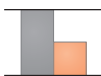
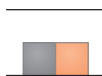
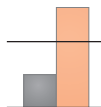
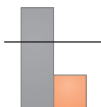
A disease is an imbalance between the Yin and the Yang.

The normal imbalances in everyday living – hunger, tiredness, fullness after eating, excitement, etc. – are quickly balanced by eating, resting or exercising. But imbalances of disease do not get corrected that easily. They are more prolonged, and need to be corrected with treatment, diet and change in lifestyle. For example, a patient with hyperthyroid function is often hungry, hot, sweaty and tired – but this does not improve with eating or rest. This imbalance is that of a disease. Therefore, treatment of the disease would be to balance the energies. This can be performed by acupuncture, diet and herbal medicine taken internally, exercise, relaxation and a change in lifestyle.

Box 1.6

Therefore, in Chinese medicine the diagnosis of a disease means to find the imbalance in the relevant organs or in the body. The treatment therefore is the balancing of this state back to normal.

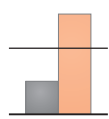
1.5.2 The eight imbalanced states of Yin and Yang – the principle of energy balance

Table 1.5				
Acute states (1–30 days)				Excess of energy needs SEDATION
	Yang	Yin	Both	
Chronic states (6 months or over)				Deficiency of energy needs to be TONIFIED
	Yin	Yang	Both	
Sub-acute (1–6 months) or recurrent states				Excess and deficiency to be SEDATED and TONIFIED
	Hyperactive or hypersensitive Yang	Stagnation or retention of Yin		

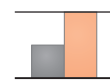
Energy imbalances result in disease. Disease states can be classified into acute, chronic and sub-acute/recurrent states. For example, a pain with a Yang dominant nature (i.e. sharp, severe, pulsating, radiating pain that is worse during activity or due to other Yang causes) simply means that the imbalance causing the pain is a *Yang dominant* state. As you can see below, there are three Yang dominant states:



Yang excess



Yin deficiency and Yang excess



Yin deficiency

But how do we decide which of these three Yang dominant states our particular patient is in?

We should ask the patient three basic questions:

1. Where is your pain?
The answer would point to the meridian or organ we should be treating or balancing.
2. Describe your pain (How is the pain? When do you have pain? Worsens with what? Improves with what?)
This would give us an idea if this was a Yin or Yang dominant problem.
3. How long have you been having this pain?
The answer to this question would help us to decide if we have an acute pain (which is an excess state), or a chronic disease (which means there is a deficiency), or a sub-acute or recurrent disease (which would mean excess and deficiency).

Once we have made this diagnosis we could balance the organ or meridian by:

- Sedating (reducing) Yang in the first case
- Tonifying (increasing) Yin and sedating Yang in the second imbalance
- Tonifying Yin only in the third case

As all diseases of a Yang nature are caused by an imbalance in energy where the Yang is dominant to the Yin, this does not automatically mean that Yang is in excess or that Yin is less than the normal energy level. Whether there is an excess or deficiency compared with the normal level has to be decided by the fact if it is acute or chronic.

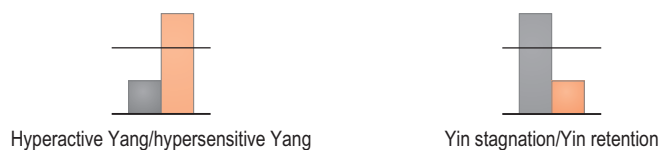
If a disease state is rather new, this is usually considered to be an excess state (these will be called acute states from now on). There is an excess of Yang in a Yang disease, and an excess of Yin in a Yin disease. The three diagrams below show the three possibilities in an acute/excess situation:



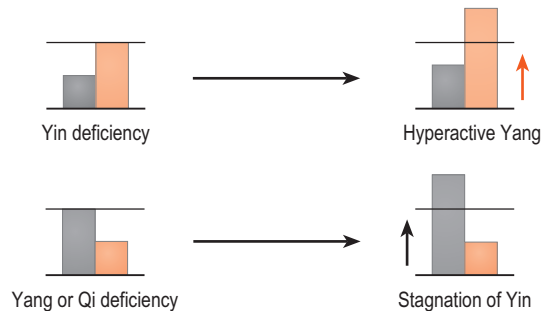
A disease state which has been going on or gradually worsening for over six months is considered as a chronic state, where considerable amount of energy has been consumed. Therefore, this would be a deficiency state – Yin deficiency in a Yang disease (Yang is dominant to Yin), and Yang deficiency in a Yin disease (Yin is dominant to Yang), and a deficiency of both Yin and Yang would produce both Yin and Yang symptoms – such as pain worsening with rest *and* activity; asthma during hot *and* cold weather. These three imbalances are illustrated below:



In the transition between the acute and chronic states, there is an intermediate sub-acute state, where the excess side consumes the opposite side, thus causing a deficiency in that side. For example, high fever could cause dryness, or extreme humid weather can cause sluggish Blood and fluid circulation. The resulting states would look similar to these:



A chronic state is where either Yin or Yang energy is deficient. This also means that the energy that is in a weaker position would not be able to control the other side effectively. The dominant side, therefore, can increase from time to time – thus causing several semi-acute states. Recurrent migraine headaches, which are provoked by too much stress, light or alcohol (all Yang causes), would be a good example of Yang rising from time to time on a Yin deficient base; recurrent asthma with excessive mucus or fullness of chest in wet and cold weather would be a good example for Yin or damp increasing from a Yang or Qi deficiency situation. The changes are always predictable because a chronic Yin deficient state can only lead to Yang increase from time to time, and vice versa:



There is more on the imbalanced states of Yin and Yang, the causes and symptoms in the chapters on the relationship of Yin and Yang.

Box 1.7

In energy-balancing treatments, the diagnosis is half the treatment – because we decide the points accordingly.

- Acute conditions must be sedated: If Yang is excess sedate Yang; if Yin is excess, sedate Yin; if both are excess, sedate both Yin and Yang or sedate whichever increased first.*
- Chronic conditions need to be tonified: If Yang is deficient, tonify Yang; if Yin is deficient, tonify Yin; and if both are deficient, tonify both.
- Sub-acute states need both tonification and sedation: in hyperactive Yang, tonify Yin and sedate Yang; in stagnation of Yin, tonify Yang and sedate Yin.
- In recurrent states with chronic history: the treatment is different depending on whether we treat during the acute phase or at the interval. At the interval, treatment is only to tonify the deficient aspect; whereas during the acute phase they could be treated like in a sub-acute state.

Therefore, an increase of both Yin and Yang (with symptoms of both energies) can be treated with sedation of the energy that increased initially. When this is sedated, the reacting side will decrease of its own accord – as it will not be necessary for it to oppose any excess. An example for this would be feeling hot and sweating excessively. If the Yang can be sedated and the body is cooled, there would be no sweating.

* When both Yin and Yang are in excess, it is often because one side increased initially, and the other side reacts to this increase by increasing itself as well. This reaction is possible, as this is a recent disease state and both energies are still healthy. It will not be possible for the opposite side to react with an increase in itself if the disease state is sub-acute or chronic, as this side would have become weaker over time.

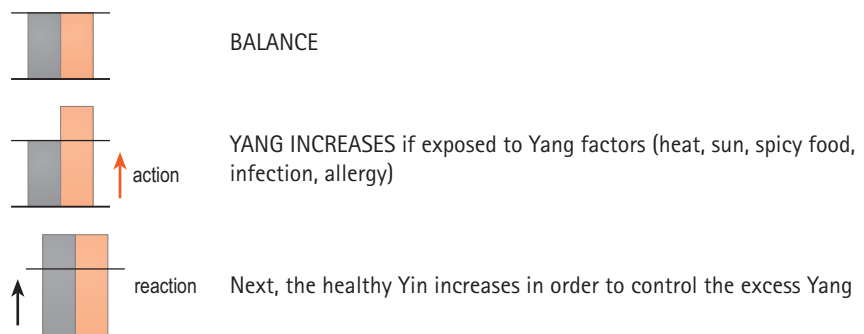
1.5.3 The four types of inter-relationship between Yin and Yang

Both Yin and Yang are always within each entity and they always relate and react to each other. This reaction generally follows a predictable pattern. Knowing this pattern helps to treat the patient's problems with a view to its possible changes. Acupuncture is based on the way of nature, on wisdom achieved through many years of observation of nature, and human life and its changes. The understanding of Yin and Yang and their inter-relationship will help us observe, predict, prevent and treat symptoms of disease in their changing phases. These relationships are: **contradiction**, **inter-consumption**, **control** and **inter-transformation**.

Below I have given many examples of the four types of inter-relationship.

Contradiction

Yang excess: example 1



If the Yang increases for any reason, a healthy Yin will not accept this without opposition. It would increase as well, thus causing a temporary state of excess in both energies, causing fluid and heat. This Yin is released by the body in order to cool or control the heat, e.g. sweating from heat, vomiting and diarrhoea in gastroenteritis, excessive mucus in bronchitis, oedema or effusions in joint inflammations.

Treatment

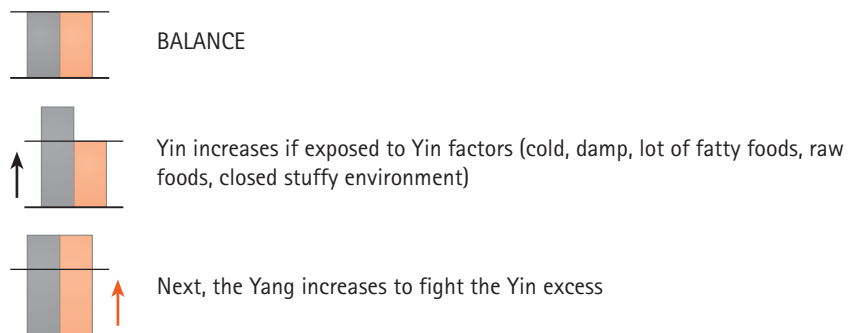
- It is sufficient to sedate* Yang only
- One could also support the Yin![†] (even in this case where the Yin is in excess, it is possible to support it, so that the Yin would not be consumed by the excess Yang)

* It is possible to increase and decrease energies with acupuncture. There are points on the meridians and therapy techniques for tonification or increasing energy, and for sedation or decreasing energy.

[†] It is also possible to influence only the Yang or only the Yin. In this case, the treatment will be to reduce only the Yang, as this is the cause of the disease. The increase of Yin in this example is only a reaction to the Yang increase. If the Yang is reduced, the Yin or the dampness should go down automatically.

Contradiction

Yin excess: example 2



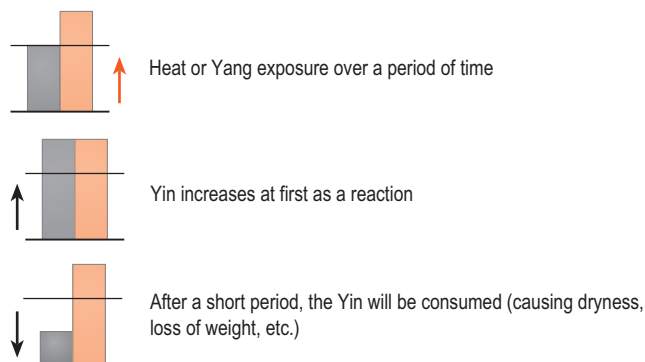
If the Yin increases for any reason, the Yang will react to this, by rising up to *oppose* and *control* the Yin, thus causing again a damp-heat situation. This is heat caused because of dampness. Examples for this would be inflamed acne, varicose eczema, itching and bleeding psoriasis, recurrent symptoms of gastritis in an obese person. These are situations where the Yin is excess, or there is stagnation of thick fluids/Blood, such as in oily skin, oedema in legs because of varicose veins or circulation problems, obesity and thick raised skin in psoriasis. These are conditions where there is more substance and retention of fluid with poor circulation, and where this stagnant dampness can generate heat. (Dampness causes stagnation and pathogenic heat, see pages 38-47 for the nature of climatic factors and their clinical manifestations).

Treatment

- Sedate Yin only
- Support the functional Qi (no moxa – but use back-Shu points)
- Luo-connecting point of Yang organ
- Local cupping therapy
- Where the heat is severe, some Blood may be let

Inter-consumption

Yang consumes Yin: example 1



This is a deficiency of Yin caused by exposure to Yang factors over a period of time. These Yang factors could be stress, exposure to excessive climatic heat or fever, excessive alcohol consumption etc. The body has to supply the Yin from the interior in order to control the excess Yang. After a point, it is only natural that the Yin will be exhausted, manifesting symptoms such as loss of fluid, loss of weight, malnutrition or reduction of substance or structure. Clinically, this shows symptoms of dryness, weakness, exhaustion (burn-out), loss of weight and poor endurance.

Treatment

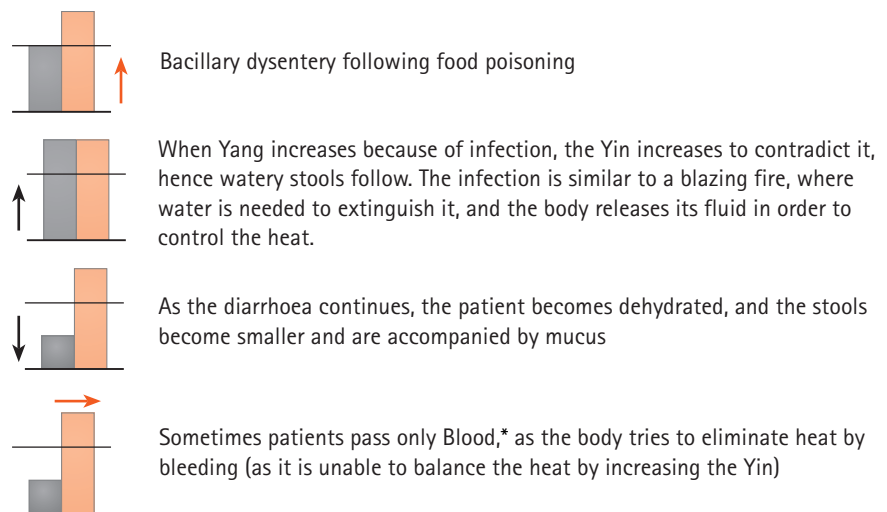
- Tonify Yin
- Sedate Yang

This is a sub-acute state, where the Yang pathogenic factor has made a lasting damage to the Yin of the body. This is caused by a substantially strong Yang or a longer period of disease, e.g. high fever, prolonged and regular consumption of alcohol.

I do not want to create the impression that one can achieve all balance through needling only. Yin deficiency means that much fluids, nutrition and sleep are needed to improve this lack, and unfortunately these cannot be substituted by anything else. The tonification with needles, however, will help the body with the absorption and distribution of nutrients and fluids. We can also improve appetite, digestion, thirst and the quality of sleep with acupuncture.

Inter-consumption

Yang consumes Yin: example 2



* Blood not only circulates the nutrients throughout the body, it also circulates heat. If Blood does not reach our finger tips they would remain cold. But, when there is too much heat in any part of the body – and there is insufficient fluid to cool this heat – the simplest way to reduce the heat is by dispersing it to the outside. This is done very quickly and effectively by the body, by bleeding. Examples to illustrate this are nose bleeds, coughing blood in tuberculosis, vomiting blood in stomach ulcer, excessive bleeding (not clotty) in menstruation, haemorrhoidal bleeding etc.

Treatment

- Sedation of Yang and tonification of Yin in the Large Intestine
- Balance the fluids and salts (with infusions if necessary)

Excessive spontaneous bleeding shows two problems:

- There is too much heat
- There is insufficient fluid

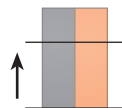
Box 1.8

As long as the body has enough fluid, it will react with fluid – not Blood.

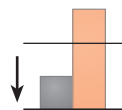
Inter-consumption

Yang consumes Yin: example 3

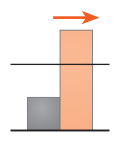
Alcohol increases Liver Yang



Initially, Liver Yin can increase (hangover)



In due course, Liver Yin is consumed (causing symptoms of contractures of muscles and tendons, tremor, dry eyes, lack of control over anger)



Deficient Liver Yin cannot control the rising Liver Yang. Liver Yin stores Blood, and when Yin is deficient, there could be spontaneous and excessive bleeding, as in the case of Liver cirrhosis.



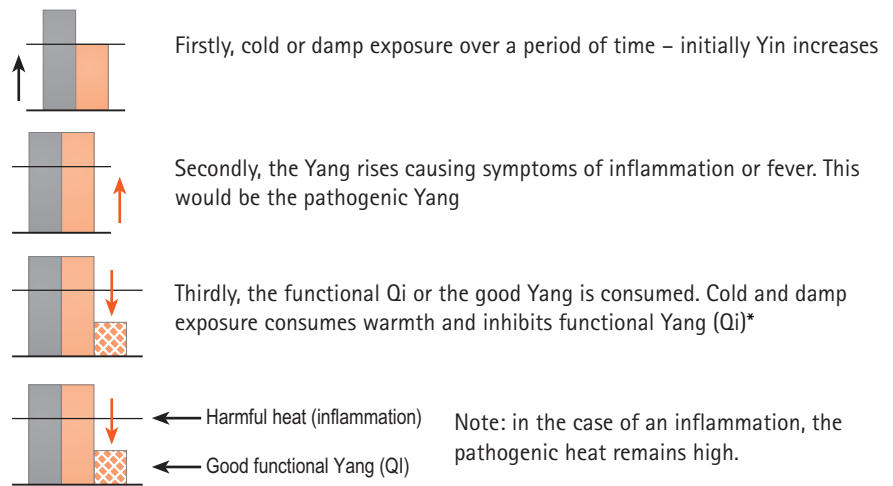
A reduced state of Blood and Qi at end of bleeding

Treatment

- Sedate Liver Yang and tonify Liver Yin
- Points to hold the Blood within vessels
- Other points against alcohol abuse

Inter-consumption

Yin consumes Yang: example 4



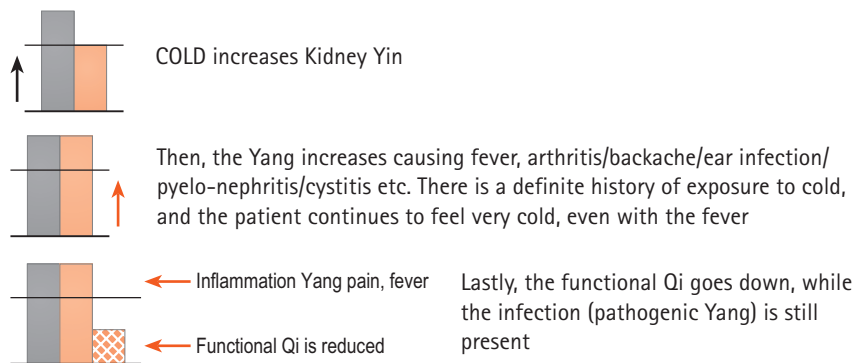
* This is slowing of functional Yang (Qi) deficiency caused by long-term cold or damp exposure.

Treatment

- Tonify functional Yang or Qi – (using back-Shu and Luo-connecting points)
- Sedate Yin
- If the heat or inflammatory symptoms do not disappear, add Blood letting or electro-stimulation locally, in order to either eliminate or disperse the heat
- The use of phrases such as 'the good, functional Yang' and 'the pathogenic heat' may be confusing. I have tried to explain them in Chapter 2

Inter-consumption

Yin consumes Yang: example 5



Symptoms of Qi deficiency: stiff joints; poor flexibility of back; loss of hearing; water retention/incontinence.

A continued state of inflammation will inhibit the normal, functional Qi. It is always the healthy Yin and Yang that are consumed, not the pathogenic energies.

Treatment

- UB 23 – back-Shu point of Kidney, which activates function
- UB 58 – Luo-connecting point of Urinary Bladder
- The patient should be advised to keep warm, although no moxa should be used
- Bleeding cup to eliminate pathogenic heat
- Electro-stimulation to disperse heat can be used in local areas only if necessary

Lack of control – example 1

**Yin is not controlling Yang:
Paroxysmal tachycardia (Heart Yin deficiency)**

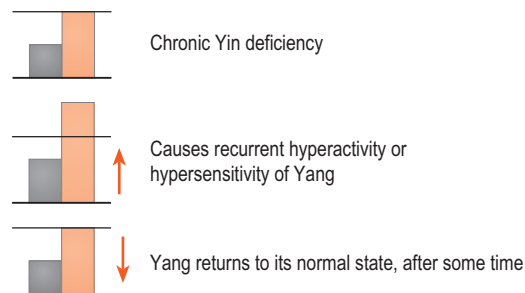


Table 1.6		
	Heart Yin deficiency during the chronic state, no major symptoms	Heart Yin deficiency and Yang excess during tachycardia
Treatment	<ul style="list-style-type: none"> ■ Tonify H Yin ■ Ren 14 (Mu-front point) ■ H5 (Luo-connecting point) 	<ul style="list-style-type: none"> ■ Tonify Yin and sedate Yang ■ H5 Luo, Ren 14 ■ Sedate SI 4 (Yuan-source point)
Common point	Du 20, P 6	Du 20, P 6


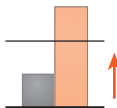
Most of us have various deficiencies in different organs, due to different reasons. Once an organ becomes Yin deficient, it cannot control the workings of the Yang anymore. This makes the Yang quite unstable, rising high for short periods of time, manifesting acute symptoms of hyperactivity, or hypersensitivity (irritability to light or sound, aversion to wind or heat). The symptoms disappear within a short period when the patient returns to the previous chronic deficiency state.

Because these recurrent acute symptoms are predictable, they can be either prevented (by tonifying the deficient aspect), or treated in the acute state (by sedating the excess aspect). Experience always teaches us to, when there is an option, treat the body when it is in a relatively healthy state, as opposed to choosing the time when it is very ill. This would be comparable to swimming with the tide, and not against it.

The choice of energy-balancing points is explained in detail in the therapy section of the book. The treatment of paroxysmal tachycardia is explained on page 161.

Lack of control – example 2

Yin is not controlling Yang
One-sided recurrent migraine headache – Liver/Gall Bladder Yin deficiency

Table 1.7		
		
Symptoms	Easily nervous or tense, quick to get angry, dry eyes, nails	Strong headache, photophobia, vomiting, sound irritability
Treatment	<ul style="list-style-type: none">■ Tonify Liver/Gall Bladder Yin■ Liver 5 (Luo-connecting point)■ GB 24 – Mu-front point	<ul style="list-style-type: none">■ Tonify Yin and sedate Yang■ Liv 5 (Luo-connecting point)■ Sedate (GB 40 Yuan-source point) GB 24 Mu-front point)

Local and Distal points common to both states: GB 20, GB 21, LI 4, P 6

This does not describe every case of migraine headache but the recurrent migraine headache at the vertex or one side of head, which comes on during stress, after excessive intake of alcohol, with the start of menstrual bleeding, or because of exposure to excessive sunlight. It should, therefore, improve in Yin situations such as during holidays, and in the absence of stress, during the pre-menstrual days or in the darker winter months.

Lack of control – example 3

Yang does not control Yin
Recurrent Oedema – Kidney Qi deficiency

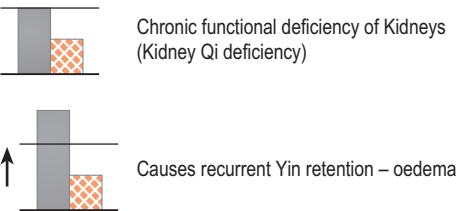


Table 1.8		
	Chronic state	Recurrent state
Symptoms	Cold feet, backache during rest, poor hearing etc.	If mild oedema only in ankles. If bad, edema in all joints or whole body
Treatment	<ul style="list-style-type: none"> ■ Tonify Kidney Yang ■ UB 23 Shu point – Kidney ■ UB 67 tonification ■ K3 	<ul style="list-style-type: none"> ■ Sedate K Yin ■ Tonify Yang ■ UB 23 Needle and cupping ■ UB 58 Luo-connecting point ■ Sedation K3 – Yuan-source point

Lack of control – example 4

Yang does not control Yin
Bronchial asthma – Lung Qi deficiency

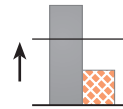


Table 1.9		
Lung	Chronic state	Recurrent state
Symptoms	History of asthma in wet and cold weather, shallow breathing, easily breathless, poor sense of smell, low skin sensitivity, melancholic	Cough and asthmatic breathing worse at nights and early mornings in bed, congestion of chest, excessive frothy white mucus, excessive cold sweating, light coloured semi-solid stools
Treatment	Tonify Lung Yang and Qi UB 13 – Shu point – Lung LI 11, Lu 10 Ren 17 moxa	Tonify Lung Yang and Qi – sedate Yin – sedation Lu 5, LI 6 Luo-connecting point UB 13 Shu point – Lu, St 40
<i>Common points for both: P 6, Ren 22, Extra 17 (Ding Chuan – calming Asthma point).</i>		

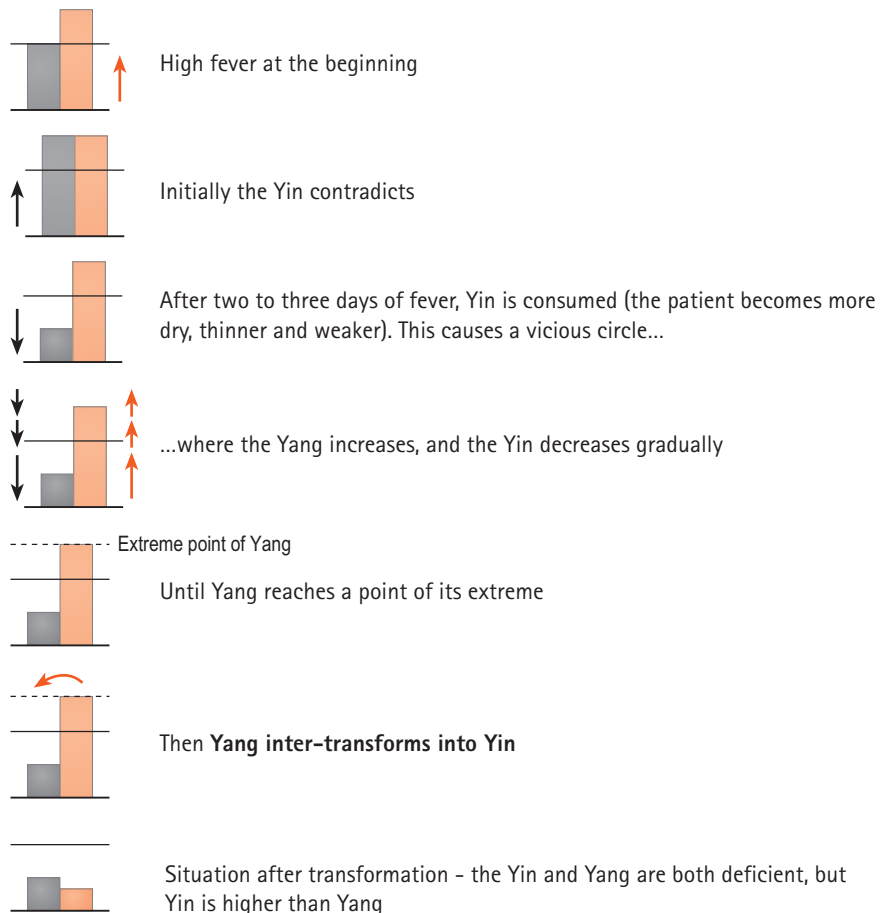
Patients with chronic asthmatic bronchitis or emphysema that gets worse every winter season, are prescribed more medication, or get admitted to hospital. They can be treated extremely effectively, if the Lung functional Qi could be tonified, and some general acupuncture points given to improve cough and breathing when their health is relatively better during the warmer months of the year.

Treatment of Lung diseases and their explanation can be found on pages 325-330.

Inter-transformation

Example 1 – High Fever

Inter-transformation from Yang to Yin



The Yang has transformed into Yin, thus increasing the Yin:

New symptoms – sub-normal temperature, cold sweating, weakness and lack of appetite. Here the Yin and Yang are both deficient, but the Yin is greater than before. The reason for this is that the Yang has changed into the Yin. This is a normal way for anything that increases to the point of extreme – it has to swing to the opposite side. Everyday, when the sun reaches its highest point, it starts its descent again. After the winter solstice, the weather changes to warmer, longer days and gradually to spring.

The condition for the occurrence of inter-transformation is that the Yang increases to its zenith; not that the Yin should be weak. But the Yin would not have permitted the Yang to rise so high, had the Yin been in a healthy state. Therefore, we see that if this change should occur spontaneously. The Yin would have been deficient and not be in a position to control the Yang. To understand this better, let us consider a patient with fever. Every time the fever rises he starts sweating and the fever reduces. But if the fever would linger for a few days, he will become more dry, weak and even lose weight (all these being symptoms of Yin deficiency). The sweating would be less than at the beginning. The fever will rise and fall, each time rising a bit more, till one day, there is no fever but sub-normal temperature, cold sweating, exhaustion and poor appetite. The patient could need over two weeks to convalesce, and would be very weak and ill following this fever.

All this consumption of Yin can be avoided effectively if we could have brought on the inter-transformation earlier. How could we achieve that? We could achieve this by *increasing the Yang by tonifying it on the first day of fever*. This is done by using point LI 11 at the elbow, which pushes the Yang further upwards to its zenith, thus causing the fever to fall while the Yin is still in a healthy state. When the fever breaks, the patient will need only a few hours to return to their original level of health.

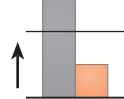
This treatment is suitable for anyone whose Yin is in a strong and healthy state. But it is not suitable for use in older, weaker patients with signs of dryness and Yin deficiency; it should also not be used in children.

Example 2 – Manic Depression Inter-transformation from Yin to Yang

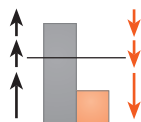
Liver



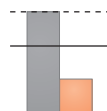
Patient cannot show anger has a liver Qi/Yang deficiency



When angry, the patient suppresses and internalizes anger (depression, passive, rigid)

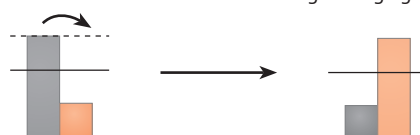


This starts off a vicious cycle, where the depression gets worse and worse...



... Until the extreme point of Yin is reached

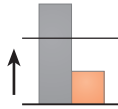
The Yin will inter-transform into Yang – bringing on the manic phase



All the Yin has been used and transformed to Yang, until both become deficient, and there is relative peace



After an interval, the Liver Yin starts rising again, and the second cycle of depression begins



This example illustrates manic depression (bipolar disorder), in which the patient shows different symptoms and personality changes during different phases of the illness. During the depressive phase he would be very introverted, passive and rigid, and this period can last between a few days to months. In the manic phase he can be extremely active, very opinionated about everything, very elated. That Yang is very high because it is being fuelled by the Yin that was stored over the long period.

The best time to treat the patient would be in the symptom-free period or at the early depressive phase. During this time, they would respond well to Liver Yang tonification and regular physical exercise. These therapies would succeed in reducing the depression or in delaying the depressive phase.

CHAPTER 2

Blood, Energy and Body Fluid

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 - 2.3.1 Kidney deficiency energy pattern 33
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2.1 BLOOD

Blood is a good example to illustrate the duality of Yin and Yang.

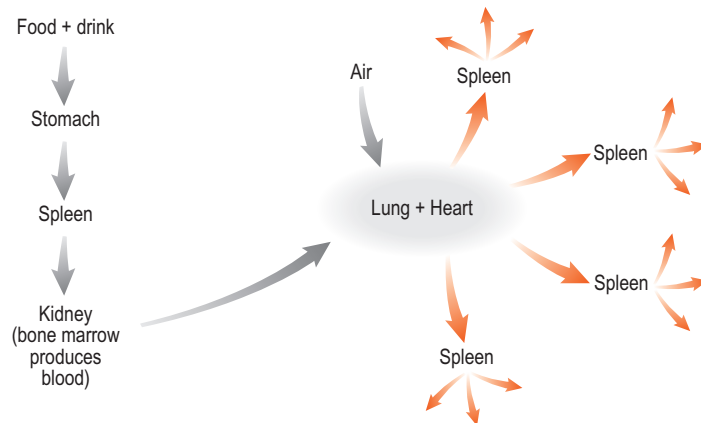
Box 2.1

Blood is Yin because:

- It is fluid
- It carries nutrients
- It nourishes the whole body

Blood is Yang because:

- It is flowing
- It circulates warmth, and any part of the body that does not receive Blood would become cold
- If any part of body has excessive heat and has no possibility to control this heat with Yin, then it would need to expel it outwards. The quickest and most efficient way to achieve this is by bleeding – bleeding releases and reduces heat



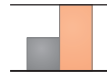
2.2 BLOOD METABOLISM (XUE)

The above picture shows the roles that different organs play in Blood synthesis.

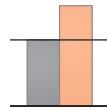
- The **Stomach** receives nutrients and fluid from what we eat and drink. These are digested and separated into pure and impure substances. The **Spleen** absorbs the purer form of nutrition and stores some of it. It sends the rest of the absorbed nutrition down to the **Kidneys**.
- The **Kidneys** make bone marrow, which make Blood. This Blood is without nutritional value, and is called white Blood or plasma. The **Kidneys** send the nutrients and fluid from the **Spleen** and the white Blood to the **Lungs**.
- The **Lungs** also contribute to the nutrition of Blood, by breathing in oxygen.
- Thus all the necessary nutrients reach the thorax, and red Blood (oxygenated Blood) is synthesized by the **Heart**.

As we can see, anaemia or Blood deficiency may be a nutritional problem (iron deficiency). It could also be due to many other reasons, the most obvious being weak Heart Yin and Yang. It is called Heart Blood and Qi deficiency. When treating, it is necessary to tonify both Yin and Yang aspects of the Heart, improve nutrition and use master points UB 17 for Blood, and GB 39 for bone marrow.

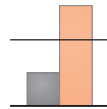
- **The Liver** is an organ that holds the Blood within vessels and within itself, thus governing storing and letting go of Blood (bleeding)
 - Liver Yin stores Blood and Liver Yang releases the Blood.



This patient has thin Blood. He does not bleed spontaneously, but has problems with Blood coagulation. If the patient had an injury, he would continue to bleed



In this case, there is a tendency for spontaneous bleeding as the Liver Yang is high, and it releases Blood



Spontaneous and excessive bleeding. This is the worst combination that there could be in the Liver. On the one hand the Yang wants to release the Blood out of the vessels, on the other the Yin cannot store it in the vessels



Problems related to release of Blood when it is necessary to bleed, e.g. menstruation

Women with Liver Qi (function) deficiency often suffer from dysmenorrhoea at onset of menstruation until the blood starts flowing freely. The blood tends to stagnate in the uterus, thus causing severe cramping pain and dark clotty bleeding. With all the cramping and spasm the Liver Qi eventually improves enough to release the Blood flow, and this eases the pain. The dark clotty bleeding suggests Liver Blood stagnation because of Qi deficiency.

2.3 VITAL ESSENCE (JING) AND VITAL ENERGY (QI)

Energy is all permeating and controls every living being, inanimate object and phenomenon. Energy is necessary for change, for sensory functions, for reproduction, for birth, and the growth and death cycle. Qi, Blood and body fluids are fundamental substances that maintain the normal vital activities of the body. They are the material foundation for the physiological functions of the organs, tissues and meridians.

Our total energy in our present life is called Vital Energy. When not used for function, it is stored by the Kidneys in the form of Vital Essence.

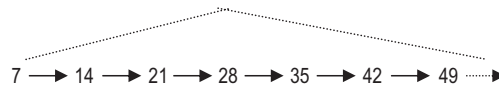
Vital Energy the source of which is



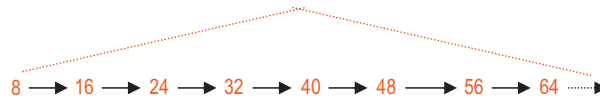
Congenital Energy (also called Yuan or Ancestral Energy) – this is the source of the energy we are born with, inherited from our parents and

Acquired Energy – this is the energy we acquire after birth throughout our life from our food, air, rest and the environment

A woman's life is made of seven yearly cycles, and the peak of her Vital Energy coincides with her reproductive energy:



A man's life is made of eight yearly cycles:



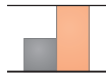
This Vital Energy is a functional energy, and needs constant fuel or nutrition. This fuel or the stored form of Vital Energy is called Vital Essence. One could say that Vital Energy is like an engine of a car in motion. The more powerful the engine, the faster and better the car moves. Vital Essence is like the petrol needed to keep the car in motion. Even the best of engines need fuel. Without fuel, they will come to a standstill sooner rather than later.

The Vital Energy and Vital Essence is what we call Yin and Yang – it is in every organ and every cell of the body. But the Kidneys store the Vital Essence and make the Vital Energy for the whole body. Therefore, low energy or tiredness is basically a problem of Kidney deficiency.

Vital Energy (QI)
(made by Kidney Yang)

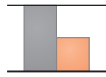
2.3.1 Kidney deficiency energy pattern

Kidney Yin deficiency:



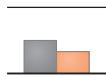
Energy generally improves after sleep or rest. Short periods of energy burst, followed by periods of complete exhaustion. Best time: nights (**Yin time**), Worst: midday

Kidney Yang deficiency:



Problems starting to move after sleeping or resting. Lazy. Once they get moving they can go on without feeling tired – until the next rest. Best time: midday. Worst: mornings, on waking.

Kidney Yin and Yang deficiency:



Always tired. Best time 3–7pm (best time on Organ Clock* for the Kidney and Urinary Bladder coupled organ)

Vital Essence is called Jing in Chinese, which also means seminal fluid. Technically, every time a man ejaculates, he loses Vital Essence. He can build it up during intervals, by improving his acquired energy. But, if there was a short period during which he loses excessive semen, then his Vital Essence becomes damaged for life. The ancient classics advocate that man should hold on to semen during sex, and that as they become older, they should ejaculate less frequently.

*Organ Clock refers to the optimum functioning time of organs (p. 175).

Women lose Vital Essence if they have many babies within a short period.

We work with several different types of energy during treatment with acupuncture and Traditional Chinese Medicine.

Nourishing energy (Ying Qi)

This runs in the deeper channels and in the Blood vessels. Made from the purer substances of our nutrition, this energy nourishes our interior and exterior. It can be influenced by food, breathing, sleep, exercise, internal medicine, back-Shu and Mu-front points and sea points of the channels.

Protecting energy (Wei Qi)

This flows between the skin and the muscles and in the exterior acupuncture channels, thus protecting the body from climatic factors and other impacts on the exterior surface. It can be influenced by climate, massage, heat or cold on the skin, electrical stimulation, by baths and by acupuncture.

The nourishing and protecting energies are complementary to each other. The interior also nourishes the exterior, thereby helping it function more efficiently; the exterior stimulates and activates the interior nourishing energy, and protects it from climatic factors. When we treat the acupuncture meridians in the superficial aspect of body, we also stimulate the internal organs; and when one eats and drinks different substances, this can make us cold or hot in the exterior.

Harmful energy (Xie Qi)

Energy is not always of the good type. Like everything else there is the good and the bad. Humans encounter many forms of bad energy during their lifetime such as excessive stress, bad food, hectic lifestyle, exposure to excessive climatic factors and emotional pressures. They can all attack the body from outside and from within, thus being a source of pathogenic energy that causes imbalance and illness.

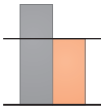
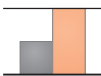

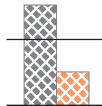
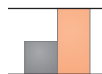
For instance, eczema with red and itchy skin, is due to excessive heat and wind attacking the Lung. But, in the process of dispersing this pathogenic wind-heat, it should not be transferred to another organ system because it is a harmful Yang. The skin may improve, but another organ could get this pathogenic Yang, which causes new symptoms. It has been known that if eczema improves, the patient could get asthma. This means that the pathogenic factor has not been eliminated, but has moved deeper into the organ system.

Therefore, it is clear that harmful energy should be always channelled outwards. Elimination processes such as stool, urine, sweat, showing (bring outwards) anger or sadness are very important in Chinese medicine. If these are not eliminated but retained within the body, the pathogenic energy can attack any number of organs and may manifest in many symptoms such as depression, asthma, headaches, gastritis, high blood pressure, eczema, and asthma.

2.4 BODY FLUID (JIN YE)

Fluids make up 75% of the body's substance and are mainly of two types – thin and thick fluids. Different fluids are associated with different organ systems. All fluids depend on the quantity of water in the body.

Table 2.1

Thin fluid	Thick fluid
<p>1. Cerebro-spinal fluid, urine, sweat, saliva, tears, watery mucus etc.</p> <p>2. Excessive thin fluid means excessive Yin in the affected organ and perhaps in the Kidneys</p>  <p>3. Less fluid means Yin deficiency in affected organ and perhaps in the Kidneys</p>  <p>4. Example: dry eyes – this is Liver Yin deficiency, often also Kidney Yin deficiency</p>	<p>5. Blood, lymph, thick mucus, various thick discharges.</p> <p>6. Excessive thick fluid means excessive dampness in affected organ and in the Spleen as well.</p>  <p>7. Excessive fluid in an organ or in one area of body (e.g. excessive mucus or a swollen joint) This would be Damp stagnation in the affected organ and Damp stagnation in Spleen, caused by Spleen Qi deficiency</p>  <p>8. If thick fluid is too thick (mucus like glue). This is a Yin deficiency/dryness and needs to improve the thin fluid of affected organ to make it more fluid</p> 
Summary of treatment	
Thin fluid can be influenced by increasing water + salt intake or by decreasing salt intake and using points for diuresis	Thick fluids may be made watery by increasing water and salt intake or by decreasing and giving Diuretic points to be eliminated . Localized stagnation of fluid needs to be circulated by improving Spleen function.
<p>Points to improve diuresis:</p> <ul style="list-style-type: none"> ■ Sp 9 (Lasix point!) ■ UB 23 (back-Shu point of Kidneys, improves function) ■ UB 58 (Luo-connecting point of the Urinary Bladder – increases elimination; see p. 380) 	<p>Diuretic points:</p> <ul style="list-style-type: none"> ■ Sp 10 ■ UB 23 ■ UB 58
<p>Points to improve dryness:</p> <ul style="list-style-type: none"> ■ Mu-front point of related organ (cools and moistens organ) ■ K 7 or K 10 (tonifies Kidney Yin) 	<p>Points to make thick fluid watery:</p> <ul style="list-style-type: none"> ■ Mu-front point of related organ (cools and moistens organ)

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CHAPTER 3

Pathogenic Factors

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 - 3.4.3 Excessive alcohol 57
 - 3.4.4 Overwork 58
 - 3.4.5 Lack of exercise 58
 - 3.4.6 Excessive sex 59
 - 3.4.7 Blocks on meridians 59

3.1 PATHOGENIC FACTORS

Pathogenic factors are the causes for possible imbalances in our body. They can attack our body from outside or inside, thus in most cases causing an initial excess (and sometimes deficiencies) in energies. When there is an excess, our body resistance or the anti-pathogenic factor opposes this attack by an increase of the energy opposite to the one caused by the attack. For a short time (from one to 30 days) both energies are in the excess, or in struggle with each other. Then, depending on the stronger force, one will gradually lose the battle – bringing about cure, or a more sub-acute state of illness.

Pathogenic factors can be classified into three categories:

- Climatic pathogenic factors
- Emotional pathogenic factors
- Miscellaneous pathogenic factors

We will now look at them one by one.

3.2 CLIMATIC PATHOGENIC FACTORS

The six climatic pathogenic factors are summer-heat, cold, damp, wind, dryness and Fire-heat. The climatic pathogenic factors can attack the body from the exterior, trying to cause heat, cold or damp symptoms in the exterior. The immune system or the anti-pathogenic factor fights back, trying to protect the body from being injured. For a period of time, there is a fight between the two, the climatic pathogenic factor and the anti-pathogenic immune system, and there is an excess of both Yin and Yang energies. If the pathogenic factor was Yang in nature, the anti-pathogenic factor the body would fight with is Yin and vice versa if the pathogenic factor was a Yin type. At the end of the struggle, it may be that the body resistance would win, and the pathogenic factor is eliminated; it also could be that the immune system may fail and weaken, so that the pathogenic factor enters the interior of the body, and becomes endogenous pathogenic heat or wind.

I am sure we all have had the experience that sometimes we feel out of sorts, as if we are coming down with flu or common cold. If we take it light that day, and go home to have a warm spicy soup and get into a cozy bed, we may wake the next day as right as rain. Or we might be worse off the next day, and wake with a bad cough and fever.

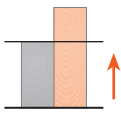
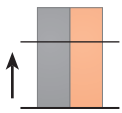
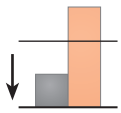
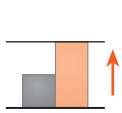
When the climatic pathogenic factors enter the interior of the body, they produce similar symptoms in the body as exterior heat, wind or damp. For instance, the manifestations of heat are fever, feeling hot, excessive sweating, excess thirst, red colour, restlessness; cold symptoms are feeling cold, shivering, feeling stiff and numb and general slowing down.

It does not necessarily mean that heat or wind must only enter the body from the exterior. The same imbalanced states in energy can arise from other causes, not all exterior or **climatic**. For example, excessive mental stress and headwork can increase Heart Yang. Too little sleep, or anxiety about work can cause the same situation. When the Heart Yang becomes hyperactive, one has similar symptoms as exterior heat would cause. Another example is that excessive sour food or alcohol increases the Liver wind, causing irritation to different areas of body. This manifests as the same symptoms as those caused by exterior wind irritating the Liver.

These climatic pathogenic factors can also **generate** from the interior. For instance, the female hormones decrease in menopause. The reproductive system is connected to the Kidneys – so we can say that the Kidney Yin decreases in menopause. These women not only suffer from severe general dryness, but also from heat flushes and night sweats. They get symptoms such as tachycardia and restless sleep. This is an example of interior heat rising from internal dryness. It is customary to call these symptoms by the causative climatic factors, and those that they resemble.


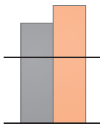
3.2.1 Summer-heat

This factor affects mostly the organs of the Fire element – the Heart and the Small Intestine.

Table 3.1			
			
Acute, recent state. Exterior climatic factor attacks body. Feeling hot, red skin, restless, tachycardia, colicky pain in centre and lower abdomen	Acute reactive state body resistance reacts with Yin. Feeling hot and sweating much, feeling sleepy in hot weather, Watery stools	Sub-acute state. Exterior heat consumes Yin. Feeling hot with less sweat, mental exhaustion, restless sleep, rapid Heart-rate, sensitive SI	Chronic state interior. Yin is exhausted. Chronic insomnia, very little sweat, hot flushes and red cheeks from time to time. ↑ This chronic picture may change into hyperactive Yang from time to time
Treatment			
Sedate Yang	Sedate Yang	Sedate Yang and tonify Yin	Tonify Yin

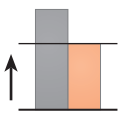
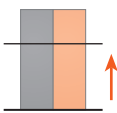
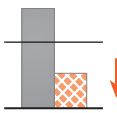

- There may be heat symptoms in any organ system.
- **Heat symptoms are – ascending, dispersing and accelerating in nature.** For example, acid reflux in gastritis, urticaria and tachycardia.
- Local treatments:
 - Bleeding
 - Electrical stimulation
 - Cooling

Heat – examples

Table 3.2	
HYPERACTIVITY OF HEART YANG	DAMP HEAT IN STOMACH
	
Slightly raised body temperature, concentrated sweat, hot palms, malar flush, rapid pulse with paroxysmal tachycardia, dream disturbed sleep, stammering	Fullness and pain in Stomach, vomiting, food or acid reflux, preference for cold drinks, Watery stools, hot hands and feet, red swollen eyelids, gingivitis, foul breath
Treatment	
<ul style="list-style-type: none"> ■ H 5 (Luo-connecting point) ■ SI 4 (Yuan-source point) sedation ■ K 7 tonifies Kidney Yin ■ Du 20 (calming) 	<ul style="list-style-type: none"> ■ St 34 sedation (Xi-cleft point – sedates organ in acute situation) ■ Sp 9 sedation (sedates Yin) ■ P 6 ■ UB 21 bleeding cup (back-Shu/Stomach)
Heart 5 Luo-connecting point and SI 4 sedation balance the Yin and Yang. Point K 7 tonifies Kidney Yin. This increases storage of Water in the body, which helps to control the Fire in the Heart. Point Du 20 is a tranquillizing point – this is a good method to slow down the metabolism, thus reducing the heat	In the preceding picture we have dryness but here the Yin is full and excessive. To sedate Yin, we use Sp 9, which is the coupled Yin organ of the Stomach. Bleeding helps to release the heat from the Stomach and is aided by the suction of the cup. It is important that the patient does not eat during this excess state



3.2.2 Cold

This factor mostly affects the organs of the Water element – Kidney and Urinary Bladder.

Table 3.3			
			
Feeling cold, stiff joints, shivering, increased urine, blocked ears	Fever with chills, urgent burning urination, ear pain, pyelo-nephritis, cystitis following cold exposure, severe backache after cold exposure	Kidney Qi ↓, oedema and less urination, poor hearing, stiff joints numbness, weak legs. Backache when cold and at rest, the infection or inflammation may well remain, and only the functional Qi decreases	Same as left, chronic symptoms
Treatment			
Sedate Yin	Sedate Yin	Sedate Yin and tonify Qi	Tonify Yang

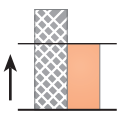
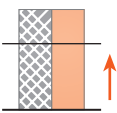


- Cold symptoms can manifest in any organ system.
- **Symptoms of cold are – contracting and retarding in nature.** For example, the contracted posture as in depression or ankylosing spondylosis, bradycardia etc.
- Local treatment:
 - Moxibustion
 - Light plum-blossom tapping
 - Warming.

Cold – examples

Table 3.4	
COLD IN KIDNEY/URINARY BLADDER	DAMP-COLD IN GALL BLADDER
	
Feeling cold easily, especially when inactive, lazy person, pain in back and knees at rest, cold feet, oedema in ankles, long menstrual cycles, low libido, poor hearing	Distension below ribs with greenish yellow coloured Watery stools when consuming milk products or fatty foods, pain in hip worse when <i>beginning to move</i> from rest, and during rest and in wet, cold weather
Treatment	
<ul style="list-style-type: none"> ■ UB 23 back-Shu/Kidney ■ K 3 (tonifies Yang) ■ UB 67 (tonification point moxa on K 1 or K 3) 	<ul style="list-style-type: none"> ■ UB 19 needle and cup/moxa (back-Shu/Gall Bladder) ■ GB 37 (Luo-connecting point) ■ LI 4 (for better elimination of bile)
<p>Kidneys are in the lower part of the Triple Warmer, the part which acts as the Fire for the cooking of the pot. When Kidney Yang is deficient, the whole body suffers the cold, but the most affected is the lower warmer – the urinary and reproductive systems become cold. As this also retards their function, it causes Water retention, poor libido, etc. As the Kidneys make bone marrow, coldness affects the bones and joints, causing stiffness and ache</p>	<p>As coldness retards the function of organs, hypofunction of an organ is considered a symptom of coldness. Hence, warming the back-Shu points of Gall Bladder would speed its function. A sluggish Gall Bladder would hold its bile and not eliminate it – cupping therapy on the back-Shu point would help to expel fluid from organs. Cold or damp can also affect meridians, causing the energy flow to become slow and stagnant. This would result in stiffness and pain in muscles at the beginning of movement</p>

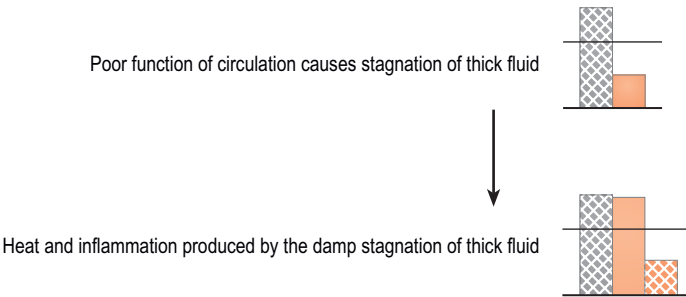
3.2.3 Damp

This factor mostly affects the organs of the Earth element – Spleen and Stomach.

Table 3.5			
			
Spleen and Stomach are in the centre, and Spleen circulates body fluid to the periphery. An excess of dampness would cause fullness, heaviness, nausea in the middle, oedema and stiffness in hands and feet, heavy-headed dizziness and headache like a band or helmet	The Yang increases as a reaction to the Yin excess. The symptoms are that of heat – vomiting, reflux, gastritis, pancreatitis, lymph adenitis, foul breath	With prolonged exposure to dampness the function of Spleen and Stomach is inhibited. As a result, the emptying time of the Stomach is prolonged. Insulin secretion by the Spleen-pancreas will decrease. The peripheral circulation of Blood will decrease, and there will be poor peripheral sensitivity and wound healing	Same symptoms as in the left, but more chronic, with severe functional deficiency of the digestive system
Treatment			
Sedate Yin	Sedate Yin	Sedate Yin and tonify Qi	Tonify Qi

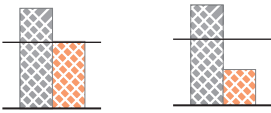
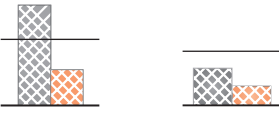
- Dampness could affect any organ system.
- Damp symptoms are stagnating and dirty (may cause heat).
- Dampness could be the basis for a chronic inflammation.

It is very important to understand these words of wisdom – ‘stagnating and dirty’. My interpretation is that it means that any fluid that does not flow, but accumulates and becomes thick and stagnant, is a breeding ground for infections and creates heat symptoms. One example for this is varicose veins. In this case, there is oedema – which may cause eczema or an ulcer which will last forever. Another example is acne vulgaris, which manifests as pustules. Both these are examples for the fact that there is less function (of vessels in the first case, and of skin in the second), the Blood or fluid cannot flow or disperse freely, and the stagnant fluid becomes the base for heat and inflammation to set in.



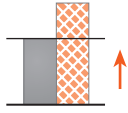
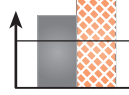
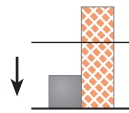
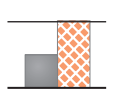
- Dampness can manifest in any organ system. Excessive raw food, milk products, refined sweets and carbohydrates can cause internal dampness in the Spleen.
- Treatment – localized dampness – point St 40 to circulate:
 - Generalized dampness – points St 40 and Sp 9 to eliminate damp
 - Local treatment – cupping and moxibustion selectively.*

Damp – examples

Table 3.6	
DAMPNESS IN LUNG	DAMPNESS IN LIVER
	
Cough, asthmatic breathing, worse in wet weather, excessive white foamy mucus, thick oily skin, melancholy, blocked nose, low sense of smell, Lung oedema	Short or long-sightedness, pre-menstrual tension, depression, distension below ribs, belching, nausea, heaviness in vertex, heaviness and dampness in external genital area (hydrocoele, fungal infections of perineum)
Treatment	
<ul style="list-style-type: none"> ■ Lu 5 sedation; UB 13 ■ LI 4 ■ St 40 for damp 	<ul style="list-style-type: none"> ■ UB 18, LI 4, Liv 14 ■ GB 37, UB 18 ■ St 40 for damp

3.2.4 Wind

Climatic wind could cause a **local block**; or it can affect organs of the **Wood element – Liver and Gall Bladder**.

Table 3.7			
 Acute	 Acute	 Sub-acute	 Chronic
Treatment			
Sedate Yang	Sedate Yang	Sedate Yang and tonify Yin	Tonify Yin
Wind-elimination points	Wind-elimination points	Wind-elimination points	Wind-elimination points

- Wind symptoms can manifest in any organ system.
- Wind symptoms are – irritating, wandering, paroxysmal and blocking.

*Moxa to be used only in damp situations without heat.

Irritating

Symptoms of irritation are sneezing, itching, photophobia, phonophobia, aversion to wind on skin, also with emotional irritability. All allergic reactions are wind symptoms.

Wandering

These are symptoms that move through the body. Typical examples are wandering pains in rheumatoid arthritis, fibromyalgia, or dermatitis that wanders around without a fixed loci.

Paroxysmal

As wind comes in gusts, wind symptoms also appear and disappear suddenly. So any suddenly appearing headaches, epileptic fits, sudden allergic reactions, and paroxysmal pains as in trigeminal neuralgia, colic, bronchospasms are good examples of this.

Blocking

Wind can enter sensory organs such as ears or nose and get blocked there (not being able to get out). This can cause blocked nose or ears. It can also get in through the skin pores and get blocked in the muscles causing muscular pains due to draught. At worst, wind can block the exterior acupuncture meridians, creating a situation of unequal energies between the two sides of the body – causing hemiplegia or facial paralysis.

Treatment


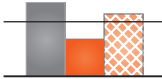
Restrict sour food and alcohol (they increase Liver Yang – thus causing endogenous wind).

Wind-eliminating points

Wind symptoms can be treated locally – especially if they are caused by exogenous wind, or when they are localized. The following points can be used for this purpose.

- **GB 20, Du 16** Head and neck
- **SI 12** Shoulder and arm
- **UB 12** Back, Lung and skin
- **GB 31** Hip and leg
- **Ba Feng** Eight wind points for the feet (these are four points on each foot. One of these –point Liv 2 – is the Wind-elimination point for the entire body; point St 44 is used against belching; and point GB 44 is used in wandering or paroxysmal pains along its meridian)
- **Ba Xie** Eight wind points for the hands

Wind – examples

Table 3.8	
WIND-COLD IN LUNG 	WIND-HEAT IN KIDNEY 
Acute hay-fever with sneezing, itching of nose and eyes, urticaria, neuro-dermatitis, rapid and wiry pulse on Lung	Acute, wandering pains of many joints, stiffness of joints, feeling cold and numb, better with warmth and movement, goose pimples on skin with aversion to wind, slow wiry pulse in Kidney
Treatment	
<ul style="list-style-type: none"> ■ Liv 5 (Luo) ■ GB 40 (Yuan) sedation ■ Lu 5 Removing heat technique ■ Wind-elimination sedation on appropriate region 	<ul style="list-style-type: none"> ■ K 5 sedation (acute point) ■ Wind-elimination tonification of appropriate region

Since wind is always combined with either heat or cold, when using wind elimination points, one has to be clear which combination it could be. Depending on whether it is wind-heat or wind-cold – the wind elimination technique is combined with tonification or sedation technique.

Table 3.9	
Wind-Cold Symptoms	Wind-Heat Symptoms
Wandering symptoms worsening with cold (e.g. rheumatism)	Wandering symptoms worsening with allergy (e.g. eczema, urticaria)
Feeling cold in affected area. It is not important whether the patient has fever or not	Feeling hot in affected area. It is not important if other areas are cold
More blocked feeling locally (blocked nose, ear etc.)	More irritation locally (itching, sneezing etc.)
Watery or white mucus	Often thick or coloured mucus
Less thirst, urine and stool lighter than usual	Increased thirst, urine and stool darker than usual
Slow and wiry pulse	Rapid and wiry pulse
Thin white tongue coating	Thin yellow tongue coating
Use wind elimination tonification technique	Use wind elimination sedation technique

To read more about wind-elimination techniques, see page 431.

3.2.5 Dryness

Climatic dryness mostly affects organs of the Metal element – Lung and Large Intestine.

Table 3.10

The symptoms of dryness in Lung and Large Intestine are dry mucus membranes, dry skin, dry stools.	When the Yin decreases and cannot control the Yang, it would rise from time to time. This would result in sneezing, nose bleeds, dry and strong cough, dry painful stools with bleeding or haemorrhoids and itchy skin
Treatment	
■ Tonify Yin	■ Tonify Yin and sedate Yang when needed

- Dryness can manifest in any organ
- Symptoms of dryness are – dryness with recurrent heat

Treatment

- Increase Water intake
- Humidify the rooms

All climates are positive, with excessive cold or heat etc. But dryness is a negative climate – with lack of Water. While exposure to other climates initially increase energy in our body, dryness consumes our fluids, thus making us Yin deficient.

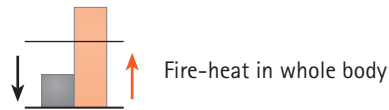
Dryness – examples

Table 3.11

DRYNESS IN KIDNEY	DRYNESS IN LIVER
Osteoporosis, caries of teeth, receding gums, thinning or loss of head hair, atrophy of nerves, Alzheimer's disease, general dryness of body, concentrated urine, Kidney Yin deficiency can lead to ascending heat to the upper body	Brittle nails, dry eyes, nervous, tension, tremor when nervous, contractures of tendons (Dupuytren's), rupturing tendons, problems to extend joints. Liver Yin deficiency can lead to recurrent conjunctivitis or tendonitis
Treatment	
<ul style="list-style-type: none"> ■ K 7/10 (tonify Yin) ■ Drink more ■ Rest more ■ Avoid heat ■ Lu 7/ Sp 3 	<ul style="list-style-type: none"> ■ Liv 3/5/14* ■ K 7, Lu 7 ■ Increase milk and oily food, sweet and sour fruits ■ Fish oils
<p><i>*The explanation of the use of these points will follow in the future chapters. I have not attempted to explain them so early in the book, as the necessary information to do this is lacking at the moment. The use of energy-balancing points can found on page 431.</i></p>	

3.2.6 Fire-heat

This factor mostly affects the organs of the Fire element – pericardium and Triple Warmer.



Symptoms of Fire-heat

- Disturbance of the mind: hyperactivity, delirium, incessant speech, hot with very little sweat.
- Disturbance of the Blood : excessive and spontaneous bleeding, epistaxis, vomiting Blood, bruising etc.
- Dispersion of heat: skin infections, carbuncles, red and hypersensitive skin

Treatment

- P 6, Du 20, Extra 6, UB 62 (Tranquillizing points)
- Ren 3, 12, 17 and Lu 7 (tonify Ren channel)
- Water, rest
- If very serious – sedate Du channel (SI 3 sedation)

Symptoms of Fire-heat are caused by prolonged exposure to high heat, or exposure to heat when the Yin of body is in a weak state. The Yin cannot control the Yang which rises upwards and outwards. This explains the hyperactivity and restlessness of the mind (upwards), and the redness, heat and hypersensitivity of the skin (outwards). The body cannot balance the energies by increasing the Yin as the Yin is very weak. The only possible way that the body can attempt to balance itself is by eliminating the heat. The quickest and effective way to achieve this is by eliminating Blood. As bleeding occurs, the body temperature is reduced, as letting out Blood is a way of eliminating heat.

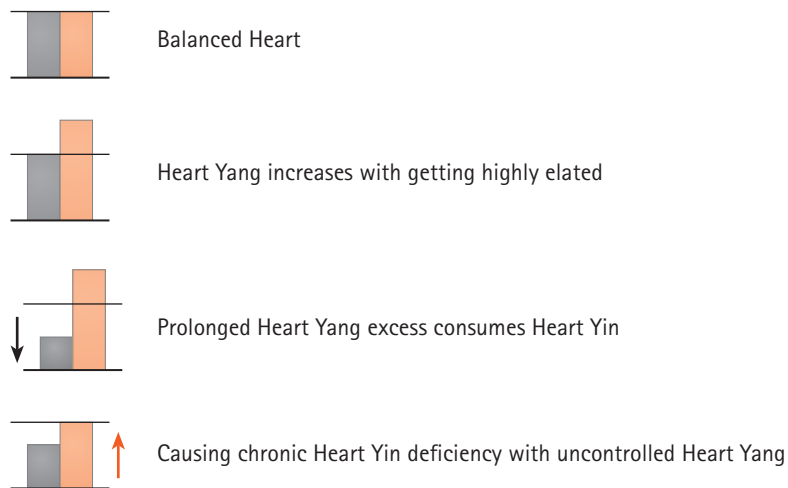
3.3 EMOTIONAL PATHOGENIC FACTORS

The seven emotional pathogenic factors are: joy, grief, melancholy, worry, fear, shock and anger. Emotions are necessary and make life interesting and different. If one does not know sadness, how could one value happiness? But when an emotion is felt in the extreme or over a prolonged period – then it can attack the internal organs of the body, causing lasting imbalances. For example, fear and anxiety may be a valid reason for causing enuresis in children; sadness, when not let out, may contribute to asthma in adults.

Just as an imbalance in an organ system may cause a tendency towards feeling certain emotions excessively, emotions felt over a period of time and deeply may cause long-term imbalances in organs. As such, we call them pathogenic factors. Since these emotions have a Yin or Yang nature, the imbalances they cause can be predicted. Let us take a look at these.

3.3.1 Joy

In these times when people pay much money to their psychotherapists for treatment against depression, it does not seem fair to classify the emotion joy as a pathogenic factor! And it is not my intention to do so. Traditional Chinese Medicine advocates moderation in everything, which includes the feeling of emotions as well. To feel joy is quite healthy – but to let joy take one over, to get carried away and become very elated and excited, would be to increase Heart Yang. If this period would last, then it could become a pathogenic factor and consume Heart Yin, leading to symptoms of quick excitability, restlessness, sleep disturbance, paroxysmal tachycardia and general hyperactivity of Heart.



The feeling of joy is internal, like a glow of contentment and warmth in our thorax. The expression of joy, however, is externalized with laughter and excitement. It is therefore healthy to feel emotions in a moderate fashion, letting them pass through you, but not get very up or down with them. Once the Heart Yin has been consumed and Heart Yang is hyperactive and not under control, we need to tonify Heart Yin (the Luo-connecting point H 5 is the most suitable in this case, as it would both tonify Yin and sedate Yang [p. 164]), and wait for calmness to prevail again.

I should also mention the absence of joy here, even though it is not specified as a pathogenic factor. Joy brings stimulation of Yin and Yang into our Hearts, and we all have a share of joy in our lives. But if a child or an adult has not been blessed enough to feel some happiness in life, but had sadness or other emotions only, they could have a Yin and Yang deficiency in the Heart. This is especially so in the case of children who has not been given the joy of love. There is a tendency in them to look for other means of gratification such as food, alcohol, buying expensive things, unable to love others but being discontent about everything. (Treatment: endogenous depression [p. 276].)

3.3.2 Grief and melancholy

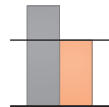
When we feel sad, we get a feeling of oppression in the chest, and difficulty to breathe freely. This means that sadness increases the Lung Yin. The same is true if it were the other way – if Lung Yin or damp increase for any reason, such as Lung oedema or excessive mucus in the lungs, and causes a sensation of oppression in the chest – then one would feel unaccountably sad.

When feeling sad, if one has a good crying session, the sadness tends to lift and the thorax feels light and free to breathe again. But, in the civilized society that we live in, we are not encouraged to weep or share our sadness with others. We learn to hold our grief within us – even funerals are such formal affairs. No wonder that soon after a person dies, their spouse of many years can get cancer or a Heart infarct and suffer severe physical illness.

Sadness or grief is not pleasant like joy – but it is a part of our life experiences. Each and every one of us treats sadness in life differently. Some go through a mourning period; some get rid of everything that reminds them of the sadness; others can talk about the good times and cheer themselves and others; some people can even become creative and paint or write about their feelings. How we behave when sad shows our energy state and its changes.



A balanced person in the Lung is one who is able to feel sadness and cry, is able to go through a healing period and collect himself or herself to get on with the rest of their life



Sadness increases Lung Yin, causing pressure in chest



Prolonged sadness can consume Lung function (Qi), or deficiency of Lung Qi can cause the Yin to retain or stagnate



Chronic Qi deficiency in Lung may be a pathogenic factor – causing asthma, skin diseases or immune deficiency

Chronic Lung Qi deficiency can lead to spontaneous sweating, with the skin pores open even when the person feels cold; the breathing could be difficult; the sensitivity to smell and touch could become dull. The patients tend to be melancholic, as if in a distant sad state. Points UB 13 (Shu point of Lung), LI 11 and Lu 10 (the Fire point – tonifies Yang) help to improve the Lung Qi and Yang.

Chronic functional deficiency – over a longer period – can also bring Yin and Blood down. If a patient cannot breathe well for a longer period, this could result in a deficiency of oxygen. Such patients are always sad and weepy, and weeping does not seem to eliminate the sadness. We identify these patients by their frequent sniffles and a white handkerchiefs. No matter what you talk about, it will always bring the handkerchief out, and they don't cheer up even afterwards.



Patients with this imbalance are often sad and cry easily, and still feel sad. This is an endogenous sadness, with no exterior cause at the present that provokes it. A combination of points to tonify Lung Yin – Lu 1 (Mu point) and Lu 9 (Tonification point) and Lung Yang – UB 13 (back-Shu point) and LI 11 (Tonification point of coupled Yang organ) will help this state.

3.3.3 Worry

Worriers tend to worry with their Stomach – this could cause problems such as no appetite, pain, hyperacidity and nausea or vomiting; or it may be that the person will eat obsessively. In order to decide how the worry is attacking them, we should see how they behave when they are worried about something. They could be active worriers, or become more passive when worried. They could even be quite obsessive about their worry.

Table 3.12		
<p>Stomach Yang excess consumes Yin</p>	<p>Excess Stomach Yin consumes Qi</p>	<p>Spleen/Stomach Blood and Qi deficient</p>
<p>There could be an imbalance in a person who has serious responsibilities in life –active worrier, is an active person and takes the responsibility to actively solve the problem. Have to do everything themselves, have difficulty delegating. This increases Stomach Yang, the acidity and colic – leads to vomiting, pain and they cannot eat well until they are calm again; they often loose weight during worrying periods and may have gastric ulcers</p>	<p>When worry has been thrust upon someone who has had a protected life in the past – they are lazy people, and become more passive when worried; will not do very much about the problem, but want to be left alone to worry in peace; they always depend on others to solve their worries, and become angry or sad when help is not given. They tend to eat more when worried and increase in weight. Their Spleen function is affected during these periods causing circulation problems, diabetes and so on.</p>	<p>Could be someone who has had quite a worrying life, or who is already quite weak in the Spleen and Stomach – a person who looks for worry and takes worry to Heart; if they do not have a worry, they would seriously become worried about that! A control freak, needing to repeat actions such as cleaning, or tidying, or checking on the same thing several times; they cannot stop even if it makes them tired. Could have anorexia nervosa, obsessive compulsive disorder</p>
Treatment		
<p>Tonify Yin, sedate Yang Ren 12 – Mu-front point of Stomach Sp 21 – Luo point of Spleen P 6 – for calming the Stomach Du 20 Liv 3 – for giving some distance from the problem</p>	<p>Sedate Yin and tonify Yang – UB 20/21 alternate back-Shu points of Spleen and Stomach P 6 – Distal point St 40 – Luo point of Stomach K 6 – to move the energy moxa on Ren 12</p>	<p>Tonify both Yin and Yang Ren 12 and UB 21 Sp 3 and St 36 Du 20 and P6 Moxa on Ren 12</p>

3.3.4 Fear

Fear attacks the Kidneys – we have often heard the phrases ‘wet their pants in fear’ or get ‘jelly legs’ when one is afraid. These refer to the bladder and the legs, both of the Kidney and the Urinary Bladder. But it is possible that fear or anxiety could cause tachycardia or diarrhoea. This is because, even though fear affects the Kidneys, it could also attack other organs in the body, if they are deficient in some way. For example, fear may cause frequent and urgent stools – such as if the Large Intestine was already Yin deficient, so that the Yang flowing in from Kidney and Urinary Bladder could easily cause a Yang hyperactivity in Large Intestine. Similarly, a person with Heart Yin deficient constitution may get tachycardia from fear. But the Kidneys remain the point of attack, and therefore, where the energy is consumed by this pathogenic fear factor.

Fear can make us behave in different ways, depending on the situation and our constitutional type. If one is attacked by many people, it would be futile to fight back. Or it could be that a physically passive person is not naturally able to defend himself or herself physically. The fear experienced in these situations is a passive fear – one remains passive and helpless while suffering the attack – and it would further consume the Kidney and Urinary Bladder Yang. If the situation is too fearful, this could consume the Kidney Yang overnight and cause greying of hair, incontinence, night urination and affect the reproductive functions.

Once the Kidney and Urinary Bladder Yang is consumed, the person will become fearful about the most ordinary things in life, and this fear would make them more passive – which means that they are unable to do anything against the fear and they just let it restrict their life. They will do less and less in life because the fear makes them more and more passive.

As treatment, the Kidney and Urinary Bladder Yang should be tonified; if any other organs manifest symptoms, they ought to be treated accordingly. It would be also good if the object or situation of the fear were considered in the therapy.

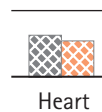
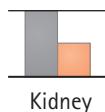
Example of passive fear

A patient has fear of flying and has not taken a flight for the last six years, even though she was an active traveller in the past. She has sought treatment from many different therapists, and likes talking about her feelings – but will not book a flight. When talking about it, she breaks into a cold sweat and turns pale and is close to fainting – she actually has a mental block and cannot visualize herself inside a flying aircraft. This fear is affecting her life as she would like to see other countries and places, but her travelling is now limited to within her own country.

Treatment

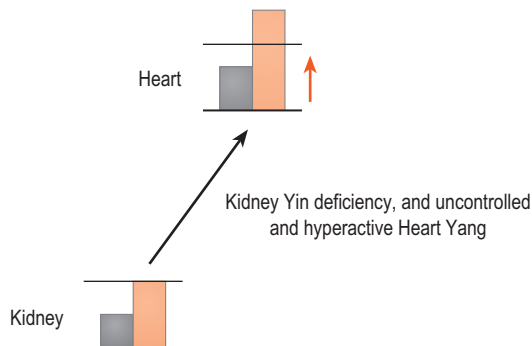
This is clearly a passive or a paralysing fear – which means that the patient is becoming less active or Qi deficient in the Kidneys; the cold sweating, turning pale, nearly fainting also signify Heart Blood and Qi deficiency.

Fear of flying is often a problem associated with a need for protection around oneself (like the skin, for instance). These patients prefer to be on the Earth, and within four thick walls – not in the sky, with the end nowhere in sight. This is a Lung Qi deficient symptom.



- Points against the fear – K 3, UB 67, and UB 23 can tonify Kidney Yang
- Points against the physical discomfort – Ren 14, UB 15, UB 17 and P 6 will help with the Heart Blood and Qi deficiency
- Points against the object of the fear – Lu 10, UB 13 and LI 11 will tonify Lung Qi

Active fear, however, is different to the above. It does not prevent one from attempting any activities. But it makes the person very tense and consumes much of their Kidney Yin and Liver Blood. The person is exhausted after these fear-causing activities – be it a confrontation or fight; or a session of bungee jumping; or an interview or examination – and needs a few days to recover from it. A prolonged period with this kind of emotional state could seriously consume Kidney Yin and cause a burn-out syndrome – which may lead to depression or Heart Yang hyperactivity.



- Points to tonify Kidney Yin – K 7, Ren 3 (Mu point UB), Sp 6
- Points against hyperactive Heart Yang – H 5 (Luo point) and Ren 14 (Mu point – Heart)
- Points for calming – Du 20, Liv 3

3.3.5 Shock

We have the tendency to get shocked easily, from our infancy – one can see this in little babies throwing their arms up in the air as if wanting to be saved even with a small bang of the door or gust of air. As we grow older, we learn to conceal this body language, but we can be shocked nevertheless for many reasons that we cannot explain.

A feeling of shock is often described as ‘a cold hand placed on the Heart’. It makes everything stop for a moment, and then move on again, being slightly faster at the start to make up for the lost moment. If we had been through a period in our lives when we were often shocked, then this could consume the Heart Blood and Qi, affecting the Heart function and reducing the ability to take any more shock.

Treatment

We should strengthen both with points:

- Ren 14, UB 15 (Mu and Shu points of Heart)
- P 6 and H 9, SI 3 as Tonification points later

3.3.6 Anger

In Asia, we do not handle anger well. We are polite and humble people, and more often than not we have a problem showing our disapproval to others, especially if they are older or affluent. But this anger may be grudgingly suppressed until one can hold it no longer, and could burst out of proportion one day when provoked. This is the character of anger – it cannot be suppressed forever. When held in, it increases the Liver Yin. Liver is an extreme Yin organ, which means that its quantity of Yin is rather high in the Yin to Yang ratio. When this Yin gets even higher, it could then inter-transform into Yang, and this could happen very suddenly. This is why we see that people with a placid temperament can explode quite suddenly over a relatively small issue, and be quite out of character.

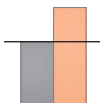
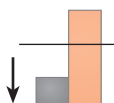

Liver – an extreme Yin organ – has a high Yin to Yang ratio, and can quickly inter-transform into Yang.



When a person cannot show anger, whether it is their inability or whether it is the situation that is the reason, the Liver Yin is increased. This makes the person hold the anger inside, and become more introverted, inwardly tense and nervous, frustrated and resentful. This swallowed anger could become a very severe internal wind-heat, and harm other organs of the body. The symptoms could be gastric ulcer, bronchial asthma, eczema, high blood pressure, headache, fibromyalgia etc. The suppressed anger can cause Liver Qi stagnation, making this situation a vicious cycle where the healthy Liver function becomes more deficient and the patient cannot handle anger.

There are also aggressive personalities – they are in a position in work and life where they can afford to be aggressive and it is their natural way to behave. They are loud and demanding, and even if they say ‘I love you’ it sounds as if they wish to kill the person they love! As they are always aggressive, and are often dissatisfied, their Liver Yang is high. Over a period of time, this could consume Liver Yin, making them tense and nervous and unable to relax – and this tension could affect other organs as well causing abdominal colic, broncho-spasm, headache and neck tension and high blood pressure. The Liver Yang may increase further from time to time as the Liver Yin cannot control it, and this may result in spontaneous and excessive bleeding, eye or nail bed inflammation and other symptoms of Liver Fire, such as uncontrolled aggression.

Table 3.13

<p>Liver Yang increases with aggression</p> 	<p>Liver Yin consumed over prolonged aggression</p> 	<p>Chronic Liver Yin deficiency can lead to uncontrolled Liver Fire ascending</p> 
Treatment		
<p>Sedate GB 38, Liv 2 heat elimination (p. 433)</p>	<p>Liver 5 (Luo) and GB 40 sedation (Yuan)</p>	<p>Liv 14, Liv 5, (K 7*)</p>
<p><i>*When Liver is Yin deficient, very often the Kidney Yin is also deficient. In this case, it makes more sense to tonify Kidney Yin, as it is the mother organ of the two. It is then not necessary to tonify Liver mother point as well.</i></p>		

Treatment

In all cases of suppressed aggression, the treatment is the same – to improve Liver function and help eliminate anger, and give points to assist elimination and improve circulation:

- UB 18 (back-Shu of Liver)
- GB 37 (Luo point)
- LI 4 for elimination
- St 40 for circulation

The affected organs can be treated accordingly at the same time. It would also be good for the person to learn and practise being assertive – which means *they should talk about what they feel at the moment*.

3.4 MISCELLANEOUS PATHOGENIC FACTORS

These are all the pathogenic factors that are not climatic (exogenous) and not emotional (endogenous). There are far too many of them, and some we have only come to know about in the past few years. I shall be mentioning only a few here, the more common ones:

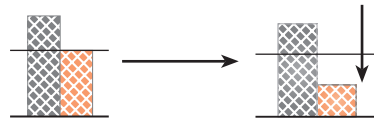
- Excessive food
- Too little food
- Excessive alcohol
- Overwork
- Lack of exercise
- Excessive sex
- Blocks on meridians

3.4.1 Excessive food

Food is not only about eating for hunger and energy – it is a pacifier or comforter for many needs of humankind. It is used as a substitute for love, companionship, sex and helps against boredom, depression and sadness.

When one eats for any reasons other than hunger, one usually eats more than the body requires and at the wrong time. According to our inner organ clock (pages 175-181), the Stomach functions maximally from 7 am to 9 am, and minimally at the opposite time of the clock (7 pm to 9 pm). Therefore, it is important to have a good breakfast for two reasons: the Stomach can digest very well whatever we eat at this time; and what we eat at breakfast can be used for generating functional energy throughout the day.

But most people tend to overeat in the evenings because they are tired and stressed from work or this is the time of day they tend to relax. Having their main meal in the evenings is quite usual in many families. What is also common practice is that many people do not have a good breakfast or lunch, so that they come home in the evening ready to make up for this in the evening. By eating a large dinner, and following this up with dessert, and snacks all through the evening, the Stomach and Spleen are taxed during their minimum function time. Over a period, this reduces the functional Qi of these organs.



Stomach and Spleen function reduces with overeating and eating at the wrong times

The function of Stomach is to move and contract when food enters it. This helps to empty its contents to the intestines, and also to reduce its capacity by becoming smaller. When the Stomach and Spleen Qi is deficient, these functions of tension and contraction are absent, so that the person does not get the feeling that the Stomach is full and their appetite satisfied with the quantity of food they have consumed. Instead the Stomach stretches indefinitely, and the person can eat large quantities. Later they feel very full and uncomfortable for a long time, because the Stomach will work very slowly to empty itself. They will be sleepy and lethargic, as the deficient Stomach and Spleen pull the Qi from all the other organs to help their function.

Spleen Qi deficiency is one of the earliest imbalances in ageing. In the West, this is primarily caused by the damp-producing foods we eat – dairy products, fats, refined sweets and carbohydrates, raw and cold food. Overeating makes this imbalance ten times worse. This causes a vicious cycle of stagnating dampness all over the body, and this further consumes the Spleen and Stomach Qi. The wise old saying ‘we are what we eat’ should be slightly modified to ‘we are also when we eat’.

Treatment

The patient identifies with the symptoms we describe, and will change willingly. Though it is not possible to follow this new style every day, they should be able to follow it most days:

- A good cooked breakfast, warm lunch (this could be cooked the previous evening and warmed up, or eaten at the workplace canteen), and as light a meal as possible in the evening
- Points UB 20 alternating with UB 21 (back-Shu Spleen and Stomach)
- St 40 (Luo point of Stomach – this will tonify Stomach Yang and reduce Yin)
- Sp 9 (this is the Water point and is used to sedate the Yin, and damp stagnation)

- Ren 12 moxa (given before the main over-eating time, this helps to increase Stomach Yang, to increase contraction and thirst)
- P 6 (Distal point)
- Treat depression, nervousness or stress according to the patient's symptoms.

Having started this therapy and change of eating style, the patient will feel the difference when they occasionally lapse into their former eating habits

3.4.2 Too little food

Eating disorders are very common among the younger patients, and it is always a good idea to find out about their eating habits. Some of them live on a cereal bar and an apple all day. For others raw carrots or fruit is their sole source of nutrition. They actually look surprised when told that this is not a balanced diet.

EXAMPLE: FEMALE, 34 YEARS

The patient was a company director, slim and rather pale, and came to me with a complaint of a chronic headache for the past five years. The pain was in the entire forehead, and came on nearly every day, although it was somewhat better during holidays. It started in the early afternoon and increased by the evening. She vomited often, which did not help the headaches. Some evenings the headaches and vomiting were so bad that she had to retire to bed without dinner. She had noticed that if she ate something at the onset of the headache, she might be able to stop it. However, after the headache became worse, only tablets would help. So now she took a tablet every day, before the headache got worse. True – it is easier to take a tablet than to have a meal!

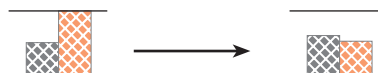
I asked her about her eating habits. She had a cereal bar in the mornings, a leafy salad and/or apple for lunch and a warm meal in the late evenings. She missed this meal on several occasions because of the headache and vomiting. During her midday break she sometimes went to the company gym to do aerobic exercises.

Who said that poverty is the only reason for starvation? It could be ignorance, vanity or perhaps the fact that a doctor should prescribe food as therapy for a patient to consider taking it! I took the patient's weak pulse at her cold wrists, looked at her pale tongue, and told her that headaches in the forehead are generally associated with the Stomach. Her headache could as well be a problem of the Stomach – had she considered that she may have low blood sugar at these times? She looked surprised, but said that it sounded logical, especially as the headaches went away with eating.

We decided that she would have many small meals during the day, but most importantly, she would start her day with a warm breakfast. I advised her to do some neck stretches during the working day in order to relax.

I treated her only once – her headaches disappeared!

Too little food, in quantity and variety, will reduce the nutrition (Blood) to the Spleen and Stomach firstly and then to the entire body. This leads to Blood deficiency (nutritional deficiency) and loss of weight and structure, which further leads to loss of functional energy and endurance.



Treatment

There is nothing in the world that can replace food! One could treat low appetite or malabsorption following food with acupuncture, and it is important to educate our patients about the importance of a balanced diet with regard to variety, quantity and time of day.

Points to improve appetite (points to tonify Stomach Yin to work better)

- Ren 12 (Mu-front point – Stomach)
- Sp 21 (Major Luo point of Spleen)
- P 6 – Distal point
- And St 43 – Grandmother point to tonify Yin
- Small and tasty meals frequently rather than large meals

Points to improve absorption of nutrition

(Nausea after meals [not vomiting] is a Spleen Qi deficiency symptom)

- UB 20 (back-Shu)
- St 36
- P 6
- Sp 6 will help, along with some light moxa on Ren 12

Diarrhoea after meals could be Spleen or Small Intestine Qi deficiency – it depends on how soon after eating and where in the abdomen the patient feels discomfort. If the symptom is from the Small Intestine, the discomfort is around the navel, and in the case of Spleen, all over the abdomen.


Points to improve small intestine function (Qi)

- UB 27 (back-Shu)
- St 39 (lower Sea point of Small Intestine)
- SI 7 (Luo) with some light moxa on the navel (point Ren 8)

3.4.3 Excessive alcohol

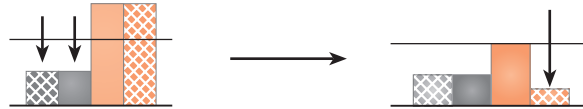
Here again, moderation is the key word. Spirits increase more Liver Fire-heat; wines cause wind-heat in Liver and beer with its high calories causes more dampness in Spleen. All alcohol creates damp-heat in the Stomach, and consumes the function Qi.

Table 3.14

	
Alcohol increases Liver Fire-heat and consumes Liver Yin. The Liver Yin is unable to hold Blood within the vessels – causing spontaneous and excessive bleeding (e.g. Liver cirrhosis), the patient suffers tension, tremor, loss of control when angry and other Liver Yin deficient symptoms	Alcohol causes damp-heat in Stomach and consumes Spleen Qi. This causes oedema in face and extremities, poor digestion, lethargy and alcohol dependence. The peripheral Blood and nutritional circulation slow down, causing polyneuropathy or poor wound healing.
Treatment	
Points: Liv 5 (Luo) and GB 40 (Yuan) sedation. Only when patient has many heat symptoms, or if vomiting Blood – local points on Ren meridian (Ren 12, 14, 17)	Points: Ren 12 moxa if patient is not vomiting Blood, UB 20/21, St 40/ 36 and P 6

3.4.4 Overwork

Excessive physical work exhausts the Kidney Yin; excessive mental work exhausts the Heart Blood and Yin. It also means that we do not rest enough to build up this Yin or Blood in the period of excessive work. This could lead to a burn-out, with the Yin and Blood severely consumed and the person unable to go on working (causing a Qi deficiency).



Treatment

Instead of working long hours every day and living for a holiday, one should work and rest, and eat and play proportionately each day. The body cannot be expected to work on future promises. It is not a car in which we could keep going until the engine stopped due to running out of petrol and then start again after simply re-fuelling. Even a car does not like being without fuel and the body cannot certainly work in this way!

Points to tonify Heart Blood

- Ren 14, UB 15 (Mu and Shu points)
- P 6 (Distal points)
- UB 17 (Influential point for Blood)
- GB 39 (Influential point for marrow)
- Du 20, Liv 3, etc. for general well-being and for sleeplessness and nervousness

Points to tonify Kidney Yin

- K 7 (Tonification point),
- UB 40 (Grandmother point – tonifies Yin)
- Ren 3 (Mu point UB)
- Sp 6 (Distal point for lower warmer)
- Spend some time in Water – swimming, bathing – and drink water

3.4.5 Lack of exercise

We live in a society with many modern appliances to make life convenient. It is not like in the days of our ancestors, where every household chore was an exercise in itself. So, we talk about going to the gym, taking a power walk or run, swimming and other form of cardio-vascular exercise.

Exercise helps to speed up our metabolism, boosts the functional Qi, so that the Blood, Energy and body fluid are flowing continuously and do not stagnate. We move better, we think more positively and feel more active and energetic with regular exercise.

Lack of exercise would, therefore, bring out the opposite symptoms in us. Circulation function and especially the Kidney Yang will decrease, Blood and body fluids will stagnate, and we would feel lethargic and lazy to move, and finding

some lame excuses not to exercise. By and by we would become unfit, breathless on mild exertion, develop oedema and stiffness of joints, put on weight, feel depressed and pessimistic, etc.

3.4.6 Excessive sex

The Chinese are perhaps the only civilization who educated their people about sex and conserving body energy. The intercourse between man and woman is the ultimate bond of Yin and Yang, so they can complement and harmonize each other. And they should be able to engage in this all their lives and be energized from each other.

But after a man ejaculates he often feels tired and sleepy, he feels tired and stiff in his limbs and thirsty which means he has lost quite a lot of energy. If ejaculating frequently, he would become weak and exhausted. The Vital Energy, which is the total amount of our functional energy, is continuously fuelled by the Vital Essence. This Vital Essence (also called Jing) is a stored form of Vital Energy. We also call them Yin and Yang. Though every organ has its Yin and Yang, or Vital Essence and Vital Energy, the Kidneys store it for the whole body.

Vital Essence (stored by Kidney Yin)	fuels	Vital Energy (made by Kidney Yang)
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According to Traditional Chinese Medicine, seminal fluid is the same as Jing. Losing seminal fluid is equivalent to losing Vital Essence. In sexual intercourse, semen must be regarded as a most precious substance. Although it is necessary to have sex regularly, a man should learn to control and regulate his ejaculations, as the retention of semen is greatly beneficial to his health.

In women, regular intercourse with orgasm is a very effective method of strengthening Vital Essence and Energy, whereas in men, as mentioned above, regular intercourse with infrequent ejaculation is the most important way to strengthen their Vital Essence and Energy. It is also possible that if the man can reabsorb his essence and prolong intercourse until his spouse reaches orgasm, he could be energized by her secretions.

When a man loses excessive Jing or Vital Essence through frequent ejaculation, it could lead to weakening of the Kidneys, causing premature ageing, chronic low back pains, tinnitus and loss of hair on the head.

3.4.7 Blocks on meridians

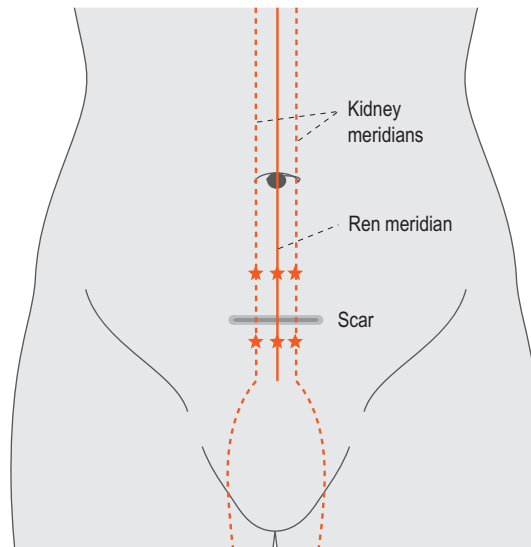
We often see patients with pain around surgical scars. The worst form of this is 'phantom pain'. But I see many patients who have symptoms not actually related to the area of the scars. Let me tell you about a patient to illustrate this point.

EXAMPLE: FEMALE, 34 YEARS

The patient was a 59-year-old woman, with low back pain of 12 years' duration. The pain was across the low back on both sides, but the left side was worse and she had sciatica down the left UB meridian when she stood for over 15 minutes. There was no tingling down the leg.

I treated her with Local points along the sciatica with electrical stimulation to relieve the Yang dominant pain. She felt slight improvement, but still needed painkillers at work.

It became clear to me that hers was a chronic Yang dominant pain on the UB meridian, and that I should tonify the Yin of the Urinary Bladder and Kidneys. When I was about to tonify the Kidney meridian, I noticed in her history that she had had a hysterectomy 14 years' ago, because of uterus fibroids and excessive menstrual bleeding. The scar was over the pubic symphysis, cutting through the Ren and Kidney meridians. I unblocked this scar and re-connected these three lines, so that they could flow through again. I did this at the same treatment session when I treated the back pain. Her backache quickly started to improve, and the sciatica disappeared after the first treatment session.



★ = Six needles, two per line to unblock

Any symptom or disease that appears later on in one's life is possibly caused by a block in the energy flow, which could be caused by a surgical scar, a tumour or other causes. I know of patients who had symptoms of asthma, which disappeared after connecting a skin cyst at the radial artery; headaches that were cured after unblocking abdominal scars. It is a very simple treatment, given twice weekly, about eight times in all. Once the meridians are unblocked and the energy has passed through, the symptoms improve from the first treatment onwards.

CHAPTER 4

Acupuncture Points and Meridians

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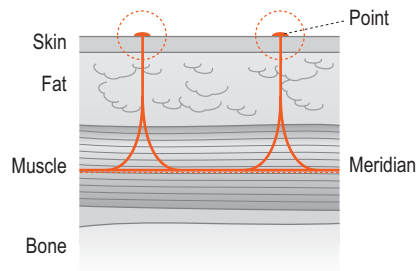
4.1 ACUPUNCTURE MERIDIANS (CHANNELS), POINTS AND ORGANS

4.1.1 Acupuncture meridians (or channels)

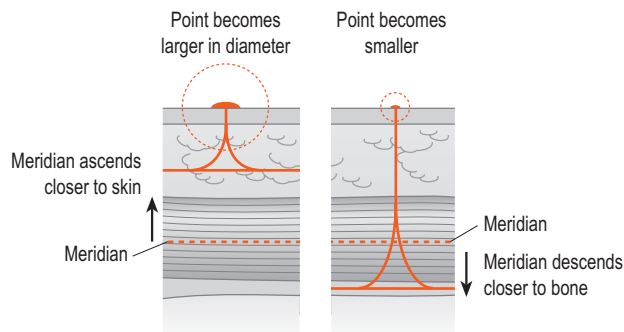
An acupuncture channel is a pathway of energy flow that connects related points of an organ. It is also referred to as a meridian. Acupuncture channels run at all levels of depth in the body, connecting us from:

- Interior to exterior
- Up to down
- Left to right

Thus the channels make the body a **connected entity**.



The acupuncture channel flows in the region between the skin and the muscle, and communicates with the surface of the skin at an acupuncture point. Although the longitudinal path of the meridians is fixed, the level of depth is variable, depending on the amount of Yang and Qi in the meridian.



The *level of depth* of a channel can **ascend** if the energy in the channel becomes more Yang or in warm weather. It can **descend** deeper (closer to the bone) if the Yang energy of the channel is reduced or if the weather gets cooler. The acupuncture point itself will become **larger** or **smaller** depending on the proximity of the channel to the skin. In warm weather or when suffering from a Yang disease, the energy in the meridian will ascend and sometimes approach the skin, and in some cases, one can see a skin reaction along the line of the meridian. Needless to say that in this case, the acupuncture points will be very large and even an incompetent acupuncturist will be able to locate the points correctly! But, in winter, or when the Yang energy of the meridian is very low in a Yin disease, the meridian sinks deep in the muscles and the points become small and difficult to reach, so that sometimes the needles do not work and we have to use moxibustion to bring up the Yang Qi.

4.1.2 Acupuncture points

An acupuncture point is our point of access to an acupuncture meridian. It is extremely important to reach the point and to manipulate the needle at the point in order to create a needle sensation. This point, which is now open, can perform myriads of powerful energy changes, by sending energies to and fro between other meridians and itself, thereby bringing about a state of balance in many meridians and in many parts of the body. Even more important than the needle itself is the hand that holds the needle.

Acupuncture is based on empirical knowledge and many practitioners tend to talk their way out with very complicated explanations about how to perform energy balancing, what happens at each point and so on. But finally, they still have to needle the patient. A few points, given with good needle sensation, are much more effective than many points given without feeling for both doctor and patient. Do not feel scared to get your hands dirty, and have some needles yourself! It will make a world of a difference in the treatment you provide to your patients. When we say that experience makes one perfect, we do not mean only the experience of needling others, but also the experience of being at the opposite end of the needle!

Remember, acupuncture is an 'energy-balancing' treatment, it is not an 'energy-creating' therapy.

By needling an acupuncture point, it is possible to shift the energy from one to another meridian or organ of the body. It is not possible to send energy from the exterior to the interior of the body, although it is possible to eliminate heat or stagnant Blood from inside to out of the body.

Some energy, however, flows from the doctor to patient or vice versa, depending on where energy is higher. Energy flows naturally from where it is high to where it is low. If the therapist has a poor immune system, and the patient has an excess state of energy, it is usual for the therapist to 'catch' the symptoms of the patient. If the treatment is carried out in a healthy environment and climate, patients feel greatly improved after treatment sessions. Therefore, it is necessary to create a pleasant environment in our treatment rooms, in a way that strengthens healing; and it is important to look after our health and not work when we are ill. Using a white overcoat and pastel colours in the rooms will reflect the harmful energies away, and protect both the doctor and the patients.

4.1.3 Yin and Yang organs of the body and related meridians

There are 12 main organs of the body, which govern the function of all the other organs and tissues. The meridians are the energy pathways of these organs. The energy, Blood and fluid in these organs flow through the meridians in the deep levels, and as mentioned above, communicate with the skin surface through acupuncture points. The acupuncture points are our access to the meridians, and through the meridians, to the organs themselves. There are points all along the meridians, through which we can send energy from one to the other organ, thereby balancing energies between them.

Box 4.1

Yin (Solid) Organs

Heart

Lung

Liver

Kidney

Spleen

Pericardium

*coupled
organs*

Yang (Hollow) Organs

Small Intestine

Large Intestine

Gall Bladder

Urinary Bladder

Stomach

Triple Warmer

There are 12 meridians related to the 12 main organs and they flow bilaterally, as mirror images. Therefore, we have 12 on each side of the body, 24 in all. They are called the Regular meridians. The Regular meridians are each connected in the exterior through a collateral, or a branch meridian, to their coupled meridian. There are also eight Extra meridians, which govern the general Yin and Yang energies of the body.

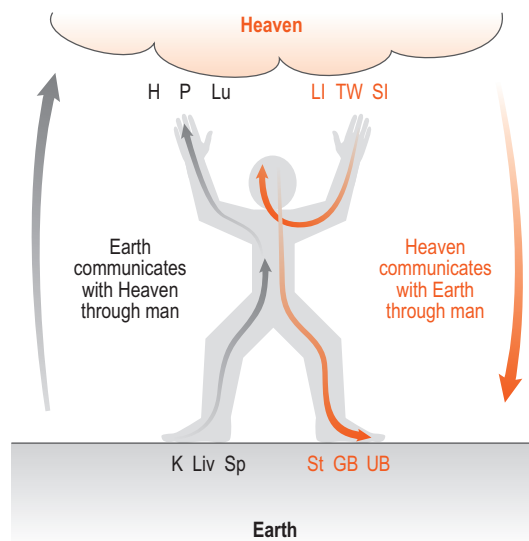
- 12 Regular meridians
- 8 Extra meridians
- 15 Collaterals

Acupuncture treatment is mainly performed through needling points on the meridians. The energy flow in the meridians is very orderly, and when this order is disturbed, this manifests in diseases and symptoms.

4.2 OVERVIEW OF THE REGULAR MERIDIANS

Of the 12 regular meridians, six are Yin and six are Yang meridians. A meridian either runs along the arm or leg, not both. Out of the six Yin meridians, three flow on the arm and three on the leg; same with the Yang meridians. The Yang meridians tend to flow on the lateral and dorsal sides of the limbs, while the Yin meridians flow on the ventral and medial sides of the limbs. This is due to the fact that when humans walked on all four limbs as apes, the parts of the body that were exposed to the climatic influences became the protecting (Yang) parts of the body; this was the back and the lateral, dorsal sides of the four limbs; the parts of the body that were protected (Yin) became the Yin part, this being the front and ventral, medial sides of the limbs.

The 12 regular meridians could be described as flowing in the following fashion:






In the path in which Heaven and Earth communicate with each other, man stands in the middle. And so Heaven and Earth communicate through man with each other. As the Yin goes upwards from earth to heaven, the Yin meridians too, start on the foot and flow up to the body along the medial side of the legs. The first points of the Yin meridians of the leg are always in the foot. The Yin meridians of the leg finish at the thorax, where the Yin meridians of the arm begin. The Yin meridians of the arm flow upwards along the ventral medial side of the arm towards the fingers (where they end). So the last points of the Yin meridians of the arm are always at the fingers.

The Yang meridians of the arm begin at the fingers, as the Yang flows through man from Heaven to the Earth. These flow to the face, ending there. The Yang meridians of the leg start at the face, and flow along the lateral and dorsal sides of the body and end at the feet. The Stomach meridian is an exception here, as it flows on the front of the body. The last points of the Yang meridians are always at the feet.

There are three levels of Yin within the Yin meridians, Lesser, Great and Extreme Yin depending on the ratio of Yin and Yang. Assuming that absolute balance between Yin and Yang looks like this:






Meridian	Relationship Yin:Yang	Arm	Leg
Shao Yin (Lesser Yin)		Heart	Kidney
Tai Yin (Great Yin)		Lung	Spleen
Jue Yin (Extreme Yin)		Pericardium	Liver

The Lung Meridian flows bilaterally in the arms, and the meridian of the same polarity – the Spleen – flows bilaterally in both legs. Therefore, we are able to treat the same energy from either limb; we can treat illnesses of the right side on the left, and of the upper part of the body on the lower part. The Spleen meridian begins on the foot and ends on the thorax, the Lung meridian starts near the Spleen meridian on the thorax and continues the flow of energy to the finger – as a continuous line.

The Lesser Yin organs – the Heart and the Kidney – are considered Yin organs because, like all Yin organs, they nourish the body with Blood and irrigate it with water. But they are also the Yin organs with the least Yin character, because the Heart is constantly active, and it not only nourishes the body with Blood and oxygen, but also warms the body by circulating Blood. The Kidney not only stores and distributes water, it also governs the reproductive function, which is a very Yang aspect. Therefore, these two organs are said to be the Yin organs with the least Yin character.

The Great Yin organs – the Lung and the Spleen – are the most important nourishing organs of the body. The Lung nourishes the body through breathing, and the Spleen absorbs, stores and distributes nutrients to the centre and periphery of the body. They are Yin organs with a large quantity of Yin, but they also have a reasonable amount of functional Yang to help with absorbing and distributing the nutrients.

The Extreme Yin organs – the Pericardium and the Liver – have a very high Yin in comparison to their Yang. They are therefore also called unstable Yin organs – this means that when the Yin in these organs increases beyond a level, it inter-transforms into Yang – as anything that reaches the point of extreme should go to the opposite side. We should take care not to over-tonify the Yin of these two organs, as they could get more and more Yang symptoms. The Liver meridian flows from the foot to the chest and the Pericardium meridian flows from the thorax to the arm, ending on the finger.

Table 4.1			
Level	Relationship Yin:Yang	Arm	Leg
Lesser Yang (Shao Yang)		Triple Warmer	Gall Bladder
Great Yang (Tai Yang)		Small Intestine	Urinary Bladder
Bright Yang (Yang Ming)		Large Intestine	Stomach

The Lesser Yang meridians – Triple Warmer and Gall Bladder – flow on the side of the body and face. They begin at the finger with Triple Warmer and flow along the lateral side of arm to the face; the Gall Bladder meridian starts near the end point of the Triple Warmer meridian, and flows on the side of the head and face to the side of the thorax, hip and leg and ends at the foot.

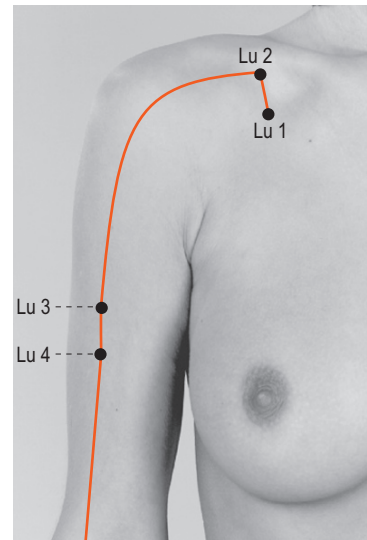
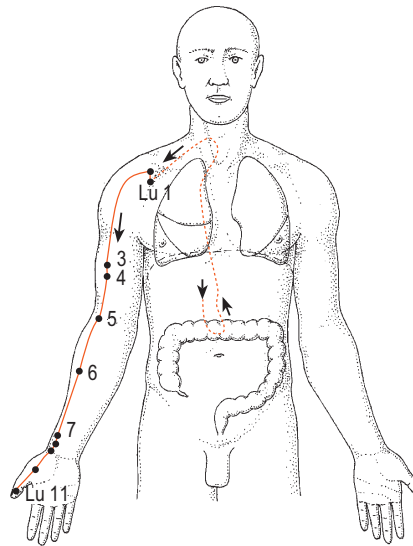
The Great Yang meridians are the most important in maintaining the warmth and functional aspects of the body. The **Small Intestine meridian** is coupled with the Heart, and shares its function of circulating Blood and warming the body. If the Small Intestine Yang decreases, this would severely affect the active function of the Heart. This Small Intestine meridian begins on the finger and flows along the posterior side of the arm to the face – where the **Urinary Bladder meridian** takes over, running over the head to the occiput, and then down the back of body and leg, ending at the foot. This is also the coupled Yang meridian of the Kidney. It maintains the postural Yang of the back, and the warming and functional Yang of the urinary system and the reproductive system.

Bright Yang or Yang Ming means bright like the sun. The sun is a yellow globe, and there is no dark area – this means that these organs have the most Yang, with little space for Yin. This makes them the extreme Yang organs. When the Yang

increases more than a certain level (which is the extreme point of Yang), it would inter-transform to Yin. It is therefore interesting to note that tonification of Large Intestine Yang is a therapy for high fever, as it makes the fever rise and fall within a few minutes. **Stomach and Large Intestine** can change to Yin very quickly when over-tonified either with needles or with flavours that increase their Yang – such as spicy food for LI and sweet food for St.

I will now discuss each of the 12 regular meridians on its own. Since the meridians flow into one another in a particular cyclical fashion, I will also follow this order (for more about this, see p. 175).

4.2.1 The Lung meridian of hand Great Yin



The internal branch of the Lung meridian begins in the interior at the middle warmer and flows downwards to enter the Large Intestine – its coupled organ. It flows up again and through the diaphragm it enters both the Lungs. It travels towards the throat, and then to the shoulders and emerges as an exterior meridian (between the skin and muscle) at point Lu 1.

The Lung Meridian continues as an exterior meridian down the ventral aspect of the whole arm, through the radial artery at the wrist, along the thenar on to the lateral side of thumb, finishing at the corner of nail.

Some important points are on this meridian and are described below.

Lu 1

Location: 6 cun lateral of the anterior midline and approximately 1 cun below Lu 2, slightly medial to the lower border of the coracoid process.

Point explanation: The Alarm point and Mu-front point. This would manifest pain if there is dysfunction of the organ. Needling the point alleviates the pain and reduces the dysfunction. As this point is related to the organ and it is located on the front (Yin) surface of the organ, it is also used to improve the cooling and calming Yin qualities of the organ.

Lu 4

Location: On the medial aspect of the upper arm, 4 cun distal to the end of the anterior axillary fold, in the depression on the lateral border of the sulcus bicipitalis lateralis.

Point explanation: This is an oxygenating point for the entire body. It is interestingly located by raising the arm and touching it with the tip of the nose. It is used in the treatment of polyneuropathy, numbness and poor healing of wounds in the periphery, and to oxygenate nerve and brain cells in the treatment of multiple sclerosis, Alzheimer's disease and paralysis.

Lu 5

Location: In the cubital crease, on the radial aspect of the tendon of the biceps.

Point explanation: This can be used to sedate – for the most part – the Yin (excessive mucus, Lung oedema), but could be used with certain needle techniques to sedate the Yang too. Bleeding of the vein in this region (through Blood letting one can also let out heat) is very successful in the treatment of bronchitis, pneumonia, urticaria and other similar heat conditions.

All the important 'energy-balancing points' of the meridian are found between the elbow and finger. These are called the **Five Element points: the Luo-connecting point, the Yuan-source point, and the Xi-cleft point**. We discuss their use in detail in the following chapters.

Lu 6

Location: On the line connecting Lu 5 (in the cubital crease) and Lu 9 (on the wrist crease/joint space), 5 cun from Lu 5 and 7 cun from Lu 9.

Point explanation: This is the Xi-cleft point of the Lung meridian. Every meridian has a Xi-cleft point, which can be found in a cleft or an inter-space between two structures such as two muscles or two tendons. These points have the power to disperse the energy in the organ and meridian very quickly, so they are useful in the treatment of acute states of disease. In fact, it is convenient to remember them as Acute points.

Lu 7

Location: On the radial aspect of the forearm, directly above the styloid process of the radius, approximately 1.5 cun proximal to the wrist joint space (wrist crease) in a V-shaped groove.

Point explanation: This is the Luo-connecting point of Lung, which connects it with the Large Intestine, its coupled meridian. This point is at side of the wrist, on the Large Intestine meridian. It is a very important point – used as an Area Distal point for the neck and occiput, as a Meridian Distal point for lung, and a Confluent point for the Extra-ordinary meridian, the Ren meridian. As the point is on the bone, it should be given with skin pinched up away from the bone and the needle pointing either in or against the direction of energy flow in meridian. In most circumstances, it is given in the direction of energy flow, which is with needle pointing to fingers, to tonify the Yin.

The superficial meridians that flow between the skin and the muscle, have a continuous flow from one to the neighbouring meridian. The Lung meridian flows into the Large Intestine meridian next. But this energy flow is not always from the last point of the previous meridian into the first point of the following one. Sometimes,

energy flow from one to the neighbouring meridian can be through an earlier point, and into a later point. It should be noted that energy flows from point Lu 7 into Large Intestine, and the point of entry into Large Intestine is through LI 4.

Lu 8

Location: Lateral to the radial artery, 1 cun proximal to the ventral wrist joint space (most distal wrist crease).

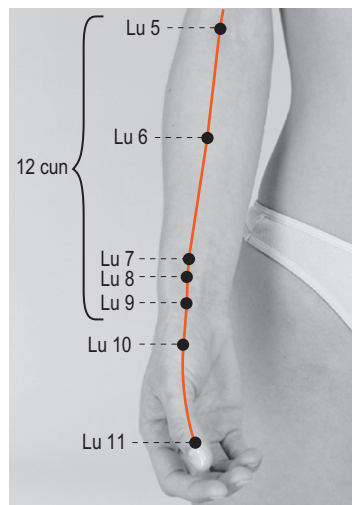
Point explanation: This is the 'House Element point' of the Lung meridian. This means that it is the Metal point of Lung (its own element). This point can be used for sedating or tonifying the Lung Yin – which is the 'house energy' of Lung, as it is a Yin organ. This depends on the tonification or sedation needle technique given when treating the point.

Lu 9

Location: On the ventral aspect of the wrist, at the level of the wrist joint space (most distal wrist crease), on the radial aspect of the radial artery and ulnar to the tendon of the abductor pollicis longus muscle.

Point explanation: The Tonification point and Earth point of the meridian, and an Influential point of Blood vessels (p. 150). This is quite a superficial point at the distal wrist fold, radial to the radial artery. It is used for tonifying Lung Yin and, to a lesser degree, Lung Yang. It is a good point to energize a tired patient, and also to treat problems of the Blood vessels – especially Reynaud's syndrome.

Lu 10



Location: At the midpoint of the palmar border of the first metacarpal bone.

Point explanation: The Fire point and 'Grandmother point' of Lung. This point is specially used to tonify Lung Yang, and should be used in respiratory illnesses which worsen in wet and cold weather and improve in dry, warm weather. These are called damp-cold diseases of the Lung, and respond well to Yang tonification.

Lu 11

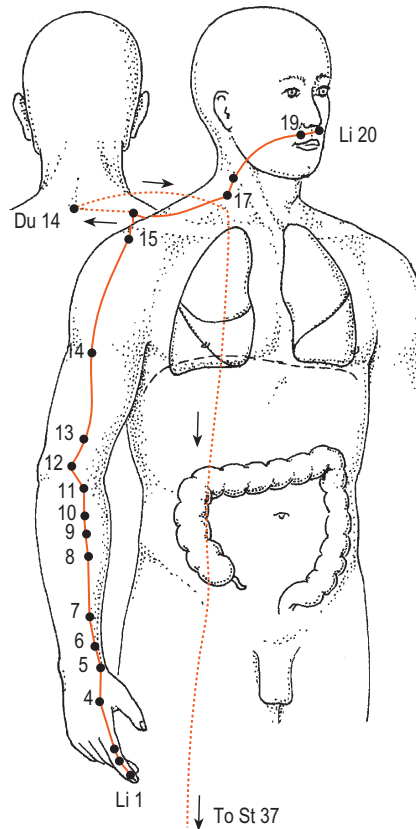
Location: On the thumb, 0.1 cun from the radial corner of the nail.

Point explanation: The last point of the meridian. Often used for Blood letting, in the treatment of inflammatory diseases of the nose, sinuses and throat.

Box 4.2

Note: It is important to learn the interior flow of meridians as much as the exterior flow. Though there are no points on these inner branches, it is possible to cause indirect energy flow in them with acupuncture. This enables us to treat many meridians with only a few needles.

4.2.2 The Large Intestine meridian of hand Bright Yang



The meridian begins at LI 1 at the radial side of the index finger. But in the energy flow between the meridians in the superficial energy circulation, the energy flows out of the Lung meridian to Large Intestine, at an earlier point. The energy flows out of Lu 7 (also called Exit point) into point LI 4 (also called Entry point). The meridian flows at the lateral side of arm to the elbow and shoulder, along the anterior border of the acromion to the front of the neck (between the two heads of the sternocleidomastoid muscle) to the face. It crosses the midline of the face over the lips, and ends at the opposite side of the face at the side of nose.

The inner branches: from the acromion to the seventh cervical vertebra – to point Du 14 where all Yang meridians meet; another branch enters the supraclavicular fossa to the interior and flows into the Lungs (coupled organ) and further downwards into the Large Intestines.

LI 1

Location: On the index finger, 0.1 cun from the radial corner of the nail.

Point explanation: The first point of the meridian, it is also the Metal point – which is the ‘house element’ of the organ. As such, the point can be tonified or sedated selectively in order to increase or decrease the Yang energy. It is used sparingly because of its painful location at the corner of the finger nail. Nevertheless, it is a good pain relieving point in itself, especially for toothache.

LI 2

Location: On the radial aspect of the index finger, distal to the metacarpophalangeal joint, at the junction of the shaft and the basis of the proximal phalanx.

Point explanation: The sedation point and Water point of the meridian. Applying sedation needle technique on the point not only disperses Large Intestine Yang, but also sedates Lung Yang indirectly – as they are coupled organs with an interior connection between them.

LI 4

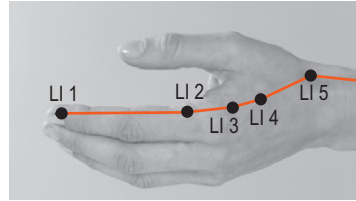
Location: On the radial aspect of the hand, between the first and second metacarpal bones, closer to the second metacarpal bone and approximately at its midpoint.

Point explanation: The Yuan-source point, Area Distal point for head and face and Meridian Distal point. It is one of the most commonly used points in acupuncture. It is excellent in the treatment of any problem of the head and face, and in general pain conditions.

This point is also referred to as ‘the great eliminator’. It is very useful when treating constipation, but can also be used to treat other elimination problems such as difficult urination, difficulty in showing emotions, painful menstruation and even in childbirth – to assist the opening of the cervix. However, care should be taken not to use the point if your patient is pregnant, or has diarrhoea or excessive sweating already. This may worsen their symptoms, or cause a miscarriage.

LI 4 is the entry point of the meridian, meaning the energy from the preceding Lung meridian flows in at this point and not through LI 1 in the superficial energy circulation.

LI 5



Location: With the thumb abducted, in a depression between the tendons of the extensor pollicis longus and brevis muscles ('anatomical snuffbox'), on the radial aspect of the wrist.

Point explanation: The Fire point and Grandmother point of the meridian, meaning that when this point is applied, energy flows not from the Mother organ on the Mother–Son Cycle, but from the organ before the Mother. These points work on the basis of controlling cycle. As the Large Intestine is a Yang organ, the control should be from Yin – so this point actually increases the Yin of the Large Intestine. It is a good point to soften the stool, and to calm the Large Intestine when it is irritated and inflamed.

LI 6

Location: 3 cun proximal to LI 5 (in the centre of the anatomical snuffbox), on the line connecting LI 5 and LI 11, between the abductor pollicis longus and the extensor pollicis brevis muscles, at the level of the junction between the tendon and the muscle.

Point explanation: The Luo-connecting point of the Large Intestine meridian, which draws energy from the Lung, its coupled organ. It acts as a point to tonify the Yang of LI, and – considering its proximity to the bone – should be needled subcutaneously with skin pinched away from bone and the needle pointing towards the elbow, in the direction of energy flow.

LI 7

Location: 5 cun proximal to the anatomical snuffbox in the direction of the lateral end of the elbow crease or 1 cun distal to the midpoint of the line connecting LI 5 and LI 11.

Point explanation: LI 7 is the Xi-cleft point of the channel. It is used for treating acute conditions of the organ. However, this is not used as much as the lower-Sea point of LI – St 37.

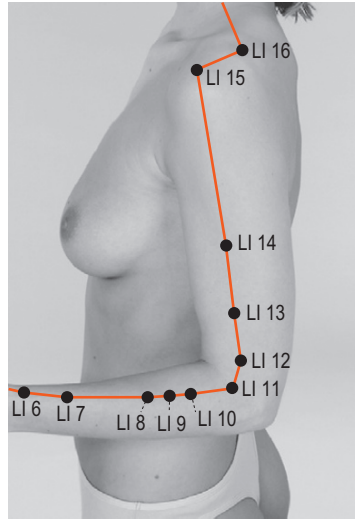
LI 10

Location: 2 cun distal to LI 11, on the line connecting LI 5 and LI 11, on the extensor carpi radialis longus muscle; a deeper insertion will reach the supinator muscle.

Point explanation: This is not an energy-balancing point but a very useful one nonetheless. It is a common tender point in patients with tennis elbow, and is used in these cases; it is also excellent as a 'one-point-therapy'* point for frontal knee and leg pain.

* One-point-therapy is discussed in detail on p. 376.

LI 11



Location: With the elbow flexed, on the lateral end of the elbow crease, in a depression between the end of the crease and the lateral epicondyle of the humerus, on the extensor carpi radialis longus muscle.

Point explanation: The Tonification point of the meridian is an excellent point for enhancing the immune system.

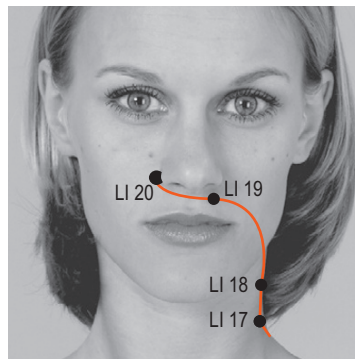
It works on the principle that tonifying an extreme Yang organ will increase the Yang, and would cause inter-transformation into Yin if the Yang is too high. For this reason, one could use it in the treatment of high fever and high blood pressure.

LI 15

Location: In the depression distal and anterior to the acromion, between the clavicular and acromial portions of the deltoid muscle.

Point explanation: An important point for anterior shoulder pain. This point is ideally used alongside a few other tender points in the area such as TW 15, SI 12, and LI 14. Together these points relax but strengthen the shoulder, and relieve neck tension caused by the shoulder pain.

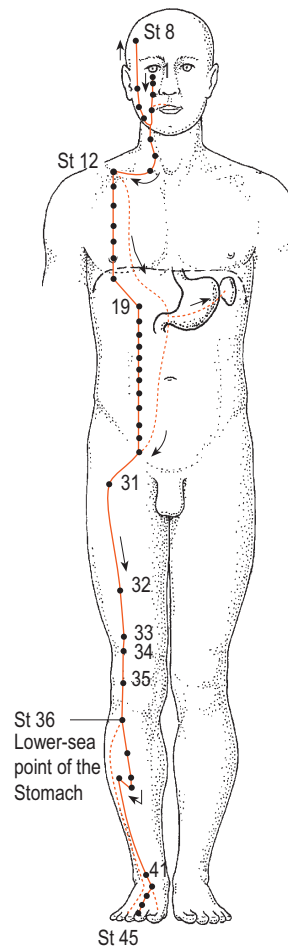
LI 20



Location: In the nasolabial groove, at the level of the midpoint of the lateral border of the ala nasi.

Point explanation: An excellent local point for nose and maxillary sinus problems, blocked nose, sneezing and irritation of the nose. Ideally the LI 20 points on either side of the nose should be combined with point Extra 1 (Yin Tang), all points given at 20° angle to the skin pointing towards the nose from the three corners of a triangle. This is also the last point of the meridian, after which it flows out of the Large Intestine and into the Stomach at St 1.

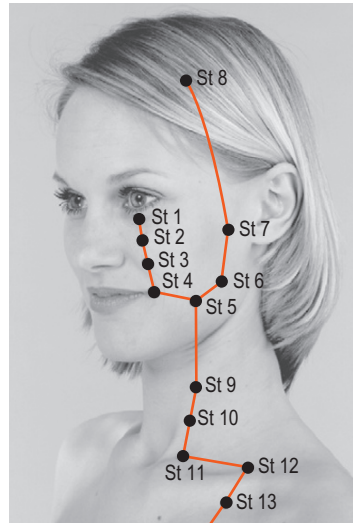
4.2.3 The Stomach meridian of foot Bright Yang



The Stomach meridian starts below the eye, near where Large Intestine meridian ends. It does a 'U' on the side of the face ending at the temple. The rest of the meridian flows on the neck, thorax over the breast, the abdomen, and the front of the thigh, shin, foot and ends on the lateral side of the second toe. It is the only Yang meridian which does not follow the rule that Yang meridians flow on the lateral and dorsal sides of the limbs and body. The meridian flows on the front of the body and the legs.

The inner branch flows parallel to the exterior meridian on the thorax and abdomen, entering the Stomach and the Spleen; another branch is given off at point St 36, and flows to the big toe to Sp 1 and to the third toe.

St 1



Location: With the eyes looking straight ahead, directly below the centre of the pupil, between the eyeball and the infraorbital ridge.

Point explanation: The first point and point of entry from the former Large Intestine meridian. St 1 is a very effective point in the treatment of eye diseases such as optic nerve atrophy, short sight and macular degeneration. When treating eye problems, this point is needled between the optic ridge and eye ball, into the optic cavity – about 2cm deep. As an entry point on the superficial energy circulation, it can be needled subcutaneously 2–3mm.

St 3

Location: With the patient looking straight ahead, directly below the centre of the pupil, on the level of the lower border of the ala nasi.

Point explanation: A local point for maxillary sinuses. As it is quite close to point LI 20, it is often needled towards it, getting both points with one needle.

St 4

Location: With the patient looking straight ahead, directly below the centre of the pupil and approximately 0.4cun lateral to the corner of the mouth.

Point explanation: This is used mainly for the lips – cracks or inflammation at the corner of the lips, or in facial paralysis when the corners do not turn up into a smile. This point should be given with skin pinched and needle away from the corner about 1cm deep.

St 6

Location: With the teeth clenched, on the highest prominence of the masseter muscle, approximately one finger-width (middle finger) anterior and superior to the angle of the jaw.

Point explanation: The best use of this point is for teeth grinding during sleep. In fact, more tender points could be found in these patients, along a circular line drawn from one St 6 to the other, both front and back. The other points on this line are TW 17, GB 12 and GB 20. If these are tender, they should be needled as well. In this case and in the case of temporomandibular joint (TMJ) pain, the needle should be given perpendicular 15–20mm into the point. This is a good point for acupuncture analgesia for tooth fillings or extractions in the lower jaw. If used, it should be stimulated for 20 minutes prior to the procedure with continuous electrical stimulation, along with one more point on the same side – could be St 6 or LI 4.

St 7

Location: With the mouth closed, at the lower border of the zygomatic arch in the centre of the depression of the mandibular fossa, between the coronoid process and the condyloid process of the mandible.

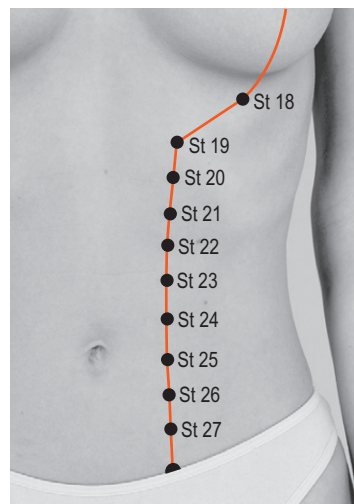
Point explanation: This is another point that is used to treat TMJ pain and is used as an acupuncture analgesia point for upper jaw problems. The insertion in both cases is at a 45° angle towards point SI 18.

St 8

Location: At the temporal corner of the forehead, on the border of the temporalis muscle and 0.5cun within the anterior hairline or 4.5cun lateral to the anterior midline.

Point explanation: When patients complain of a lateral or temporal headache, ask them if it occurs on one side at a time, or on both sides simultaneously. If they are pointing to both temples at the same time, this is a Stomach meridian headache (and not a GB headache), and the point is most possibly St 8. It is the point that hurts when one has a low blood sugar headache (in which case, it should also disappear after eating and not after a needle). The point can be needled perpendicular, 5–10mm deep.

St 21



Location: 2cun lateral to the anterior midline, 4cun above the umbilicus (or 4cun below the subcostal angle).

Point explanation: This point is on either side of Ren 12, which is the Influential point of the Stomach. It is mostly used to enhance the local effect on the Stomach, especially if the pain or discomfort area is largely around Ren 12.

St 25

Location: 2cun lateral to the umbilicus.

Point explanation: The Mu-front point of the Large Intestine, this point is used for almost all problems of LI – diarrhoea, constipation or abdominal distension. In severe constipation, electrical stimulation can be used on the points.

St 27

Location: 2cun below the umbilicus and 2cun lateral to the anterior midline.

Point explanation: Used in abdominal colic in children. When used in children, pinching these points three to five times is preferred to needling.

St 29

Location: 1cun above the upper border of the pubic symphysis or 4cun below the umbilicus and 2cun lateral to the anterior midline.

Point explanation: This is used as a local point for the reproductive organs and bladder problems such as infertility and irritable bladder. Needles should be given at a 30° angle in a line parallel to the inguinal groove.

St 31 and St 32

Location:

- St 31 – Inferior to the anterior superior iliac spine and lateral to the sartorius muscle, at the level of the lower border of the pubic symphysis.
- St 32 – On the thigh, on a line connecting the lateral patellar border and the anterior superior iliac spine, 6cun superior to the upper, lateral border of the patella.

Point explanation: These points are located proximal to the knee on thigh and on the quadriceps muscle. They are very useful in the treatment of hip and knee problems, where the legs become weak. These points strengthen the legs, enabling patients to get up more easily from low seats, take longer strides and use the stairs better. The needles should be given deep and well into the muscle, ideally with patient lying down.

St 34

Location: On a line joining the lateral patellar border and the anterior superior iliac spine, 2cun proximal to the upper lateral border of the patella, in a groove of the vastus lateralis muscle.

Point explanation: The Xi-cleft point of the Stomach; this point is used with sedation technique for problems such as acute stomach pain, gastritis, and herpes labialis.

St 36

Location: 3 cun distal to St 35 ('lateral eye of the knee') and one fingerbreadth lateral to the anterior crest of the tibia, on the tibialis anterior muscle.

Point explanation: Easily the most important point on the meridian. It can be said that as this is the 'Earth point of the Earth meridian' – this point is like our connection to Mother Earth. I would never sedate this point, as for me, it would mean as if one was removing the earth from under the feet. The use of this point is tremendous – it gives one stability of body and mind, improves digestion and general energy, it provides power to the legs, and increases well-being of the abdomen.

St 37

Location: 6 cun distal to St 35 (at the knee joint space) or 3 cun distal to St 36 and one fingerbreadth lateral to the anterior crest of the tibia.

Point explanation: This is called the lower-Sea point of Large Intestine and is used for all problems of the organ. The Sea point of the Large Intestine is point LI 11, but as the superficial meridian does not flow on its organ (as most of the other meridians do) the Large Intestine has an additional Sea point on a meridian that does flow on its organ – the Stomach meridian. This is an excellent point for treating intestinal colic or diarrhoea.

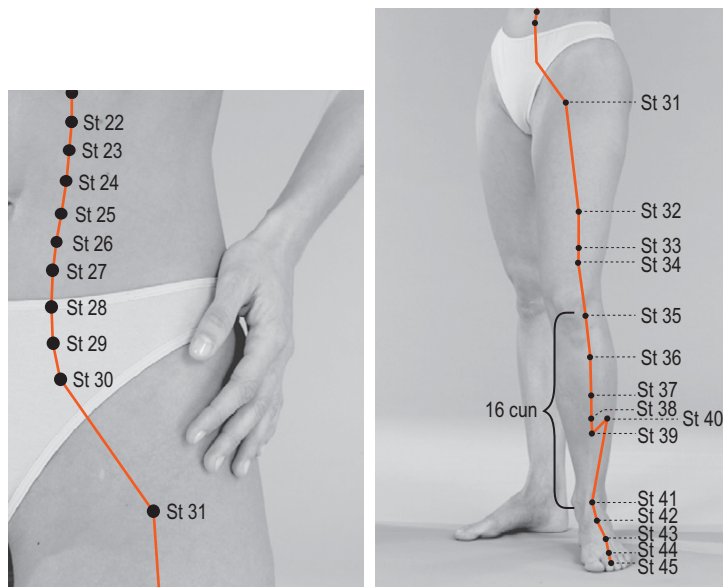
St 38

Location: At the midpoint of the line joining St 35 and St 41 and one fingerbreadth lateral to the anterior crest of the tibia.

Point explanation: A very effective point in the treatment of shoulder pain. I believe the reason that this point has been chosen and not St 36 although the latter is an even stronger point, is because St 38 is not a 'standard' energy-balancing point. So it is quite safe to sedate this point (the point has to be continuously sedated at least for two minutes), whereas sedation of St 36 would cause other problems such as weakness of legs, numbness of feet and inability to digest food for some time after the treatment. This point is especially effective in anterior shoulder pain caused by dysfunction of the Large Intestine meridian.

When locating St 38, or any point which is more than 3 cun away from an anatomical landmark, the proportionate distance should be considered as opposed to finger measurements. As the cun measurements depend on fingerbreadth, which varies with age and arthritis and will vary if the patient is a manual worker or a person of leisure, the more fingers used – the further the point would be. So, St 38 should be measured at the midpoint of the line drawn between St 35 (or lower border of patella) and St 41 (or dorsal foot fold), and one index fingerbreadth lateral to the anterior crest of the tibia.

St 39



Location: 1 cun distal to St 38 (midpoint of the line joining St 35 and St 41) and one fingerbreadth lateral to the anterior crest of the tibia.

Point explanation: A similar point to St 37, this is the lower-Sea point of the Small Intestine, and is used for influencing its function. It is especially effective in the treatment of colic, Yang diarrhoea and pain in the Small Intestine, when used with sedation technique. It can also be given with a tonification technique when treating distension and malabsorption diarrhoea.

St 40

Location: At the midpoint of the line joining St 35 and St 41 and two fingerbreadths lateral to the anterior crest of the tibia or one finger-breadth lateral to St 38, between the extensor digitorum longus and peroneus brevis muscles.

Point explanation: This is the Luo-connecting point. It is said that one of the earliest changes in ageing (begins around 35–40 years!) is the decreasing of Spleen and Stomach functions. This causes poor digestion and absorption and distribution of nutrients, poor circulation of thick fluids in our body, and therefore stagnation of these thick fluids in various parts of the body. This causes dampness, which manifests as oedema and stiffness of joints, mucous conditions in the respiratory organs, sluggish functioning of the organs, feeling heavy and lethargic, etc.

These symptoms are treated by changing one's diet to include more wholemeal grains, eating warm and cooked food, avoiding refined carbohydrates and sweets, fatty dairy products and so on. The best points used in this case are St 40, Sp 9 and UB 20, the back-Shu point of Spleen – to improve the function of these two organs. Point St 40 is considered the symptomatic point for dampness, and improves circulation of thick fluids.

St 41

Location: On the front of the ankle, at the level of the line joining the prominence of the lateral and medial malleoli, in the depression between the tendons of the extensor digitorum and the extensor hallucis longus.

Point explanation: The Tonification point of the meridian – it is good for improving hunger and appetite.

St 42

Location: On the highest point of the dorsum of the foot, between the tendons of the extensor hallucis longus and the extensor digitorum longus, directly lateral to the point where the dorsalis pedis artery may be palpated. The point is bordered proximally by the second and third metatarsal bones and distally by the second and third cuneiform bones. Alternative location: Sometimes, this point may be located lateral to the medial portion of the extensor digitorum longus tendon (joining the second toe).

Point explanation: The Yuan-source point of the Stomach meridian, it is used sometimes to sedate Stomach Yang in conjunction with the Luo-connecting points of the Spleen – Sp 4 or Sp 21.

St 43

Location: On the dorsum of the foot, in the depression distal to the junction between the second and third metatarsal bones.

Point explanation: The Wood point and 'Grandmother' point of the Stomach meridian, it is one point on this Yang meridian which actually tonifies its Yin. Therefore, it can be used successfully in reducing acidity, vomiting and upward dispersion of the Stomach, and makes the food flow downwards.

St 44

Location: Between the second and the third toes, proximal to the interdigital fold.

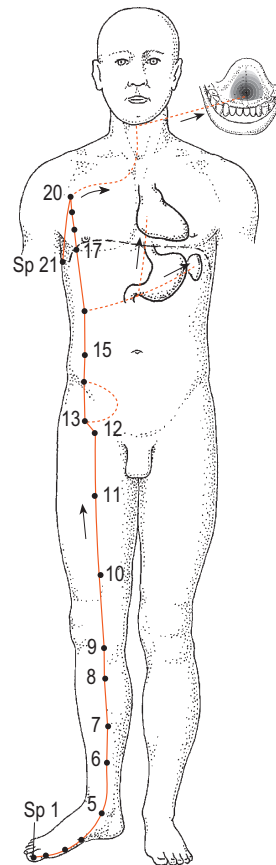
Point explanation: A commonly used Meridian Distal point and a pain relief point. It is especially effective in the treatment of pain along the Stomach meridian regions of the face, the temple, TMJ joint and lower jaw and the treatment of lip problems. It is also the Water point of the meridian, which means it can serve as a sedation point.

St 45

Location: On the second toe, 0.1 cun from the lateral corner of the nail.

Point explanation: This is the sedation point and Metal point of the Stomach channel. Often it is not used for sedation because it is at the corner of the nail. In such a case, sedation of St 44 – the Water point – would be just as effective but not so painful.

4.2.4 The Spleen meridian of foot Great Yin

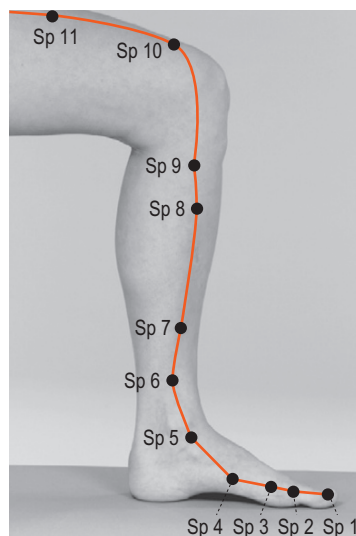


The Spleen meridian is a Great Yin meridian, and like Lung it belongs to a very important nourishing organ of the body. The Spleen meridian starts on the medial side of the big toe and flows upwards along the medial side of the foot. The Yang of the meridian gives the tension to the tendon and muscle in the area where it flows. In the case of weakness of Spleen Yang, one may see a hallux valgus of the big toe. This can be corrected by applying hot needles on the tender points on the distal part of the Spleen meridian.

The meridian flows on the medial side on the leg to the abdomen, and there it flows lateral to the Stomach meridian, and at the thorax, it turns to the side and ends at the mid-axillary line.

The inner branch connects with the Stomach and the Spleen, passes through the diaphragm, runs along the oesophagus and ends at the base of the tongue.

Sp 1



Location: On the big toe, 0.1 cun from the medial corner of the nail.

Point explanation: The first and the Wood point of the meridian. It receives the energy from the Exit point of the Stomach – point St 42. It is a point that naturally improves the Yang of the Spleen as it is the ‘Grandmother’ point. Giving moxa on this point would enhance this use. Sp 1 needle or moxa is used to treat the craving for sweets in overweight patients or those with diabetes mellitus. Also, it is an excellent point to stop bruising or slow-bleeding symptoms.

Sp 2

Location: On the medial aspect of the big toe, at the junction of the red and white skin, distal to the first metatarsophalangeal joint.

Point explanation: The Tonification point of the Spleen, both Yin and Yang – though more Yin than Yang.

Sp 3

Location: On the medial aspect of the foot, in the depression proximal to the head of the first metatarsal bone, at the border of the red and white skin.

Point explanation: The Earth point and the ‘House-element’ point of the Spleen, this is a very effective point in tonification of Spleen Yin. It can be used to improve storage of nutrients and to slow down the emptying time of the Stomach. It is therefore beneficial in the treatment of hypoglycaemia and in preventing loss of weight.

Sp 4

Location: In the depression distal to the base of the first metatarsal bone, on the border of the red and white skin.

Point explanation: Of the 14 meridians that include the Ren and Du Extra meridians, the Spleen is the only meridian which has two Luo-collaterals that connect it to the coupled meridian Stomach, and two Luo-connecting points. Sp 4 is the minor Luo point. It is used to tonify Spleen Yin and to reduce Spleen and Stomach Yang. An example would be dry, cracked lips with inflammation and pain.

Sp 5

Location: In the depression at the junction of a vertical line drawn along the anterior border and a horizontal line drawn along the lower border of the medial malleolus. Or: In the depression halfway between the highest prominence of the medial malleolus and the tubercle of the navicular bone.

Point explanation: The Sedation point and Metal point of the Spleen. Sedates more Yin and less Yang.

Sp 6

Location: 3 cun proximal to the highest prominence of the medial malleolus, on the posterior border of the medial crest of the tibia.

Point explanation: The most important point on the meridian, it is the Area Distal point for the lower abdomen – used in all problems of the urinary system and the reproductive system. It is the meeting point of the three Yin meridians of the foot, and is used to tonify the general Yin in the lower body.

Sp 7

Location: 6 cun proximal to the highest prominence of the medial malleolus, on the posterior border of the medial crest of the tibia.

Point explanation: An analgesia point for the perineum, used in ‘painless childbirth’ with acupuncture, together with point Sp 6. Both points are used on one leg with electro-stimulation, when the patient begins to feel pain in the perineum. A dense-disperse frequency is used, so that the patient does not get used to the stimulation (see p. 444-446).

Sp 8

Location: 3 cun distal to the junction of the shaft and the medial condyle of the tibia (Sp 9), at the posterior border of the medial crest of the tibia.

Point explanation: The Xi-cleft point of the meridian, and a symptomatic point for dysmenorrhoea. It is also effective in pre-menstrual breast distension.

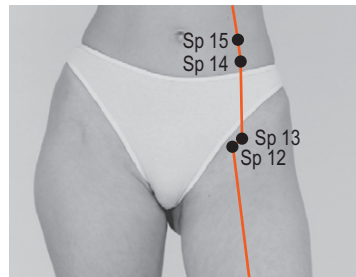
Sp 9

Location: In a depression distal to the medial condyle of the tibia, at the junction of the shaft and the medial condyle.

Point explanation: Also called the Lasix point! It is used to eliminate excess fluids, and works well in all the cases in which the Kidney function is normal. The effect is very quick, and the patient cannot wait to get to the toilet once the needles come off!

Box 4.3

The location of points **Sp 6–9** is described as behind the tibia in most books and this is absolutely correct. Yet, the Liver meridian and Kidney meridian have the same description of pathway. Therefore, we have to differentiate these three as much as possible – if not, we will be creating new symptoms instead of curing the old ones!



The Liver Meridian is the most anterior, and flows almost at the posterior edge of the tibia; the Spleen meridian is ‘in a good hole behind the tibia’; and the Kidney meridian should always be directly in a line above Kidney 3, which is in the middle between the prominence of the medial malleolus and the Achilles’ tendon.

Sp 10

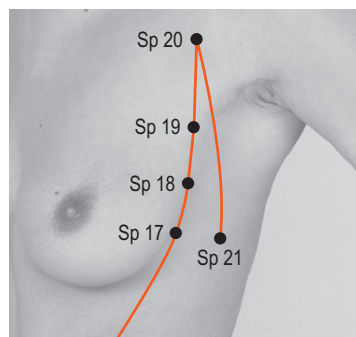
Location: With the knee flexed, Sp 10 is located 2cun proximal and slightly medial to the medial superior border of the patella, in a depression on the vastus medialis muscle.

Point explanation: A symptomatic point for allergy and pruritus. It is a point used to clear Blood-heat and clean and purify the Blood. Hence, it is also good against skin infections, acne, eczema etc.

Sp 15

Location: 4cun lateral to the centre of the umbilicus.

Point explanation: Not a commonly used point, but good against ascariasis.

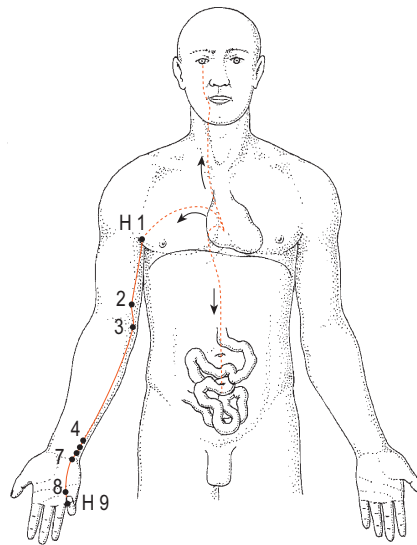
Sp 21

Location: On the mid-axillary line, in the sixth intercostal space. Note: According to some texts, this point is located in the seventh intercostal space.

Point explanation: The major Luo-connecting point of Spleen. The Luo point of a Yin meridian can tonify its Yin and reduce the Yang, and so it is the best point in hyperactive Yang state. However, the Spleen channel has two Luo points and two connections to its coupled organ – Stomach. Sp 21 is used in the cases of hyperactive Yang in the Stomach or oesophagus, such as hyperacidity and acid reflux worse when hungry and better after bland food.

It is also the last point and Exit point of the meridian before it connects to H 1.

4.2.5 The Heart meridian of hand Lesser Yin



The Heart Meridian starts at the mid axilla, anterior to the axillary artery. According to the classics, this is a forbidden point for needling! But in case one needs to use it, a compromised point at the end of the anterior axillary fold could be used. The meridian flows along the medial ventral side of arm on to the palm, and ends at the radial corner of nail of the little finger.

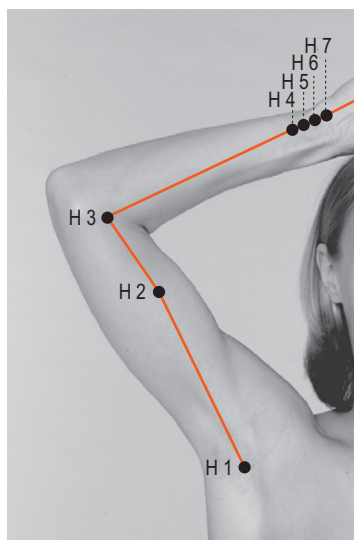
The interior part of the meridian originates from the Heart. It also enters the Small Intestine (the coupled organ). The upper part of the inner branch runs up to the larynx, and further on to the eye and brain.

H 1

Location: With the arm abducted, in the centre of the axilla, anterior to the axillary artery.

Point explanation: As mentioned above, this is the first and the Entry point of the Heart meridian, as it receives energy from the previous Spleen meridian. If it should be needled, a point at the end of the anterior axillary fold could be used.

H 3



Location: With the elbow flexed at a right angle, this point is in a depression between the ulnar end of the transverse cubital crease and the medial epicondyle of the humerus.

Point explanation: Also called the 'Laughing point', this point increases the Heart Yang. It is the Water point and the 'Grandmother' point of the meridian.

H 4

Location: 1.5cun proximal to the transverse wrist crease, on the radial side of the tendon of the flexor carpi ulnaris muscle.

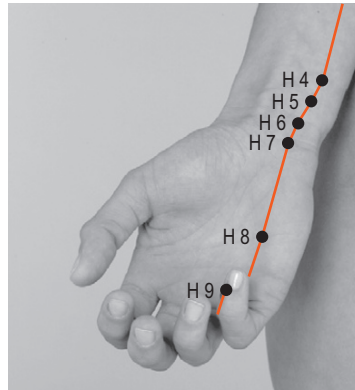
Point explanation: The Metal point of Heart and could be used to sedate Heart Yin as well.

H 5

Location: 1cun proximal to the ventral wrist joint space ('most distal transverse wrist crease'), on the radial side of the tendon of the flexor carpi ulnaris muscle.

Point explanation: The Luo-connecting point of the meridian, it is used to tonify the Yin and reduce Yang. It is a very good point to treat stammering, mental restlessness, hoarseness of voice and chronic insomnia.

H 6



Location: 0.5cun proximal to the transverse wrist crease, on the radial side of the tendon of the flexor carpi ulnaris muscle.

Point explanation: The Xi-cleft point of Heart. The Xi-cleft points are generally used in acute and urgent situations of the organs and many books mention that this point could be used in anxiety, excessive sweating, etc. I am somewhat reluctant to use this point in minor problems such as sweating, but perhaps it would be suitable in angina pectoris. However, I am more comfortable using P 4, the Xi-cleft point of the Pericardium, in every instance that I require using the Xi-cleft point of the Heart so I do not over-sedate the Heart.

H 7

Location: On the ventral aspect of the wrist joint space ('most distal wrist crease'), radial to the insertion of the tendon of the flexor carpi ulnaris muscle.

Point explanation: The Yuan-source point and Sedation point. An excellent tranquilizing point called 'heaven's gate'. When sedated, it would sedate more of the Yin than the Yang. I would be careful not to use this point if the Heart Yin is too low.

As can be seen, points H 4–7 are all on the radial side of the flexor carpi ulnaris tendon, and starting at point H 7 at the distal wrist fold, they are $\frac{1}{2}$ cun proximal to each other. The problem in most practical sessions has been to locate the distal wrist fold exactly – this should be the most distal and full fold away from you. If this is located incorrectly, then every time you wish to needle point H 7, you will be in point H 6, and point H 4 will be given instead of H 5 and so on. Remember, it is not the intention that gives results, in acupuncture – the points give results!

H 8

Location: On the palm, between the fourth and fifth metacarpal bones.

Point explanation: This is the Fire point and the 'House-element' point of the Heart meridian; and one of my favourite points. It is extremely effective in tonifying Heart Yin; it is one of the best points in the treatment of Gall Bladder meridian headaches; and it is good to improve memory and sleep.

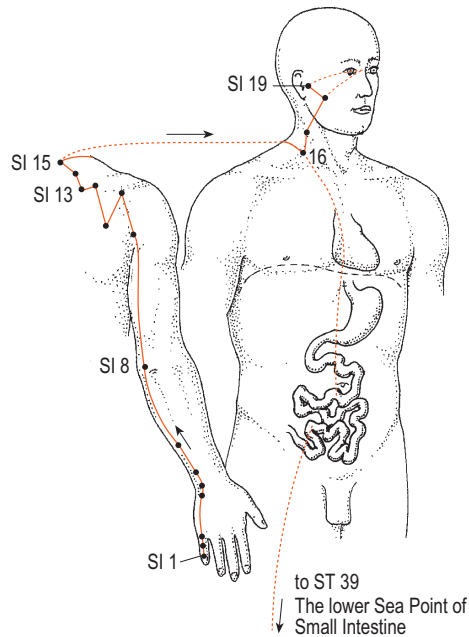
H 9

Location: On the little finger, 0.1 cun lateral to the radial corner of the nail.

Point explanation: the Tonification point and the Wood point of the Heart. A very good point in treatment of 'performance anxiety', it increases mostly Heart Yin and some Yang. Not very suitable in the treatment of insomnia, as the increased Heart Yang would make patients more restless.

This is the last Exit point of the meridian, before it flows into the Small Intestine, at point SI 1.

4.2.6 The Small Intestine meridian of hand Great Yang



The Small Intestine meridian begins on the ulnar side of the little finger nail near where Heart meridian ends, and flows down the arm along the medial dorsal side of the arm to the back of shoulder. On the shoulder it takes a zigzag path over the scapula and turns to the side of face, ending in front of the ear.

The inner branch enters the supraclavicular fossa and flows into the Heart, Stomach and Small Intestine. The upper branch enters the ear and reaches the inner canthus, where it connects with point UB 1 of the Urinary Bladder meridian.

SI 1

Location: On the little finger, 0.1 cun from the ulnar corner of the nail.

Point explanation: The first point and the entry point where the energy from the previous meridian Heart flows into the Small Intestine. The Metal point and therefore a Sedation point of the meridian.

SI 2

Location: On the ulnar aspect of the little finger, distal to the metacarpophalangeal joint, at the junction of the shaft and the base of the proximal phalanx.

Point explanation: The Water point and 'Grandmother' point of the meridian, this point increases the Small Intestine Yin when tonified.

SI 3

Location: On the ulnar border of the hand, in the depression proximal to the metacarpophalangeal joint, at the border of the 'red and white' skin.

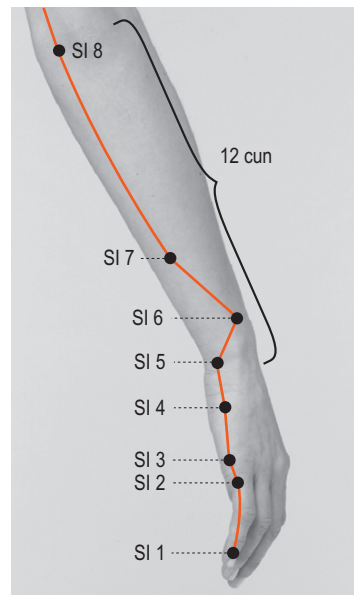
Point explanation: The most important point of the meridian – it is both the Tonification point of the Small Intestine and the Confluent point of the Extra-ordinary meridian, the Du Meridian. It is used to treat all problems of the vertebral column, as the Du meridian flows along the vertebral column. In this context, it can be either tonified or sedated in order to influence the Du meridian. It can be used in tonification against postural problems such as kyphosis, and in sedation when there is back pain during extension of spine (backward movement of the spine).

SI 4

Location: On the ulnar border of the hand, between the fifth metacarpal bone and the triquetral, at the junction of the red and white skin.

Point explanation: The Yuan-source point of the meridian which could be used for sedation of Yang, usually together with H 5 – the Luo-connecting point of the Heart.

SI 5



Location: On the ulnar aspect of the wrist, at the level of the lateral joint space.

Point explanation: The Fire point and the 'House-element' point of the meridian; used to increase the Yang of the Small Intestine and Heart. Improves the function, warms the body and elevates the mood (gives the feeling as if one is sitting near a fire!).

SI 6

Location: In the depression radial and proximal to the styloid process of the ulna. This forms when the hand is turned from a pronated to a supinated position.

Point explanation: The Xi-cleft point of the Small Intestine channel. Used in acute conditions of the organ such as enteritis, acute exacerbations of Crohn' disease and acute appendicitis.

SI 7

Location: 5 cun proximal to the wrist joint, on the line connecting the ulnar wrist joint space with the ulnar sulcus of the elbow (SI 5 to SI 8) or 1 cun distal to the midpoint of this line or just ventral to the ulna.

Point explanation: The Luo-connecting point of Small Intestine, used to tonify its Yang and decrease Heart Yin. Also an excellent pain-relief point for backache and sciatica, when given in sedation.

SI 8

Location: With the elbow flexed, in the depression between the olecranon process of the ulna and the medial epicondyle of the humerus.

Point explanation: The Sedation point of the meridian. This point is used in sedation of Small Intestine Yang (in conditions such as gastroenteritis, appendicitis and acute Crohn's disease); and in the sedation of Heart Yang (acute angina pectoris, tachycardia, mania, insomnia).

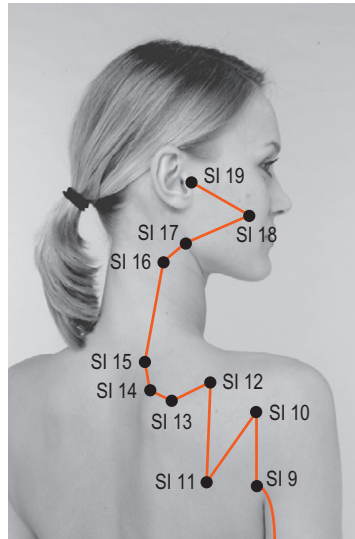
SI 9 and SI 10

Location:

- SI 9 – With the arm adducted, 1 cun superior to the posterior axillary fold, on the lower border of the deltoid muscle.
- SI 10 – With the arm adducted, on an imaginary line extending in a superior direction from the posterior axillary fold, on the lower border of the scapular spine.

Point explanation: Common pain points in posterior shoulder pain – often patients complain of pain and tingling down the arm when sitting back and causing pressure to this area. As the pain travels down the meridian to the medial side of arm, if this is on the left side it may be misinterpreted as angina pectoris.

SI 12



Location: In the centre of the suprascapular fossa.

Point explanation: This is an important point for the shoulder–arm area. It is a ‘wind-eliminating point’ for the shoulder and arm. This means that it can be used in the treatment of wind diseases, such as wandering pains, pruritus and chill pains after exposure to wind. When used, it should be needled to the shoulder with the wind-elimination needle technique (p. 431).

SI 17

Location: Posterior to the mandibular angle, on the anterior border of the sternocleidomastoid muscle.

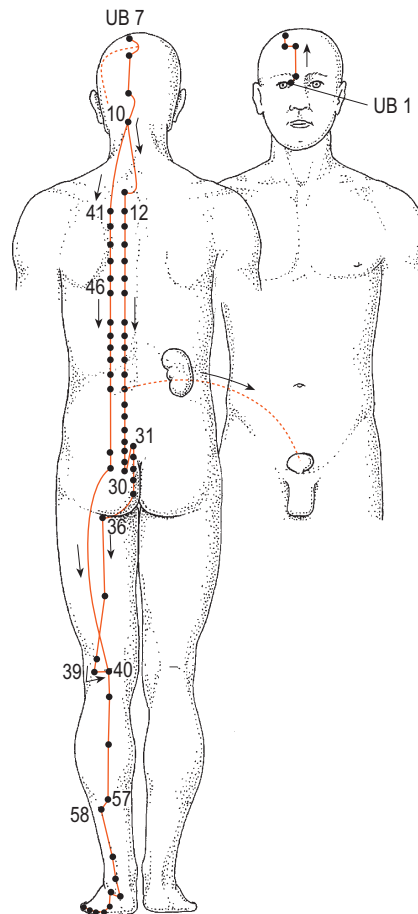
Point explanation: This is used as a local point for the pharynx and larynx, for problems such as tonsillitis, pharyngitis and hoarseness of voice. It is also a good point for acupuncture anaesthesia for tonsillectomy.

SI 19

Location: Anterior to the ear, at the level of the middle of the tragus, in a depression between the tragus and condyloid process of the mandible. It is usually given with the mouth open.

Point explanation: The last and Exit point of SI channel before it connects to the Urinary Bladder meridian at point UB 1 at the eye. It is used as a local point for the ear and the mandibular joint, for tinnitus, deafness and blocked ear.

4.2.7 The Urinary Bladder meridian of foot Great Yang



The Urinary Bladder meridian begins near where the Small Intestine meridian ends – at the inner canthus. The meridian then flows to the vertex, running parallel to the midline, and going over to the occiput. At the occiput, it divides into two parallel lines to the midline, and runs all the way down the back, to the legs. These two lines become one again at the knee, after which, there is only one line that flows on the back of calf, and to the lateral side of foot, ending at the lateral corner of little toe. From this point it connects up with point K 1 of the Kidney meridian.

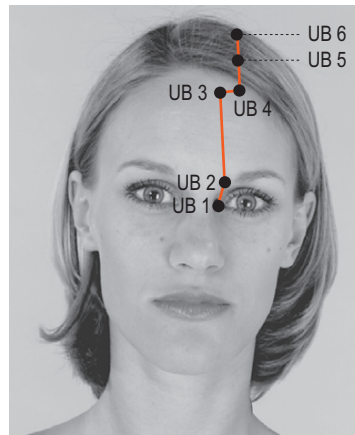
The inner branches meet point Du 20 at the vertex, and enter the brain; at the lumbar region, it enters the body and the organs Kidney and Urinary Bladder.

UB 2

Location: In a depression at the medial end of the eyebrow, directly above the inner canthus of the eye.

Point explanation: Often a painful point in frontal sinusitis, and menstruation-related headache. Needle should be given at an angle either towards the nose (in sinusitis) or the eye (in headache).

UB 10

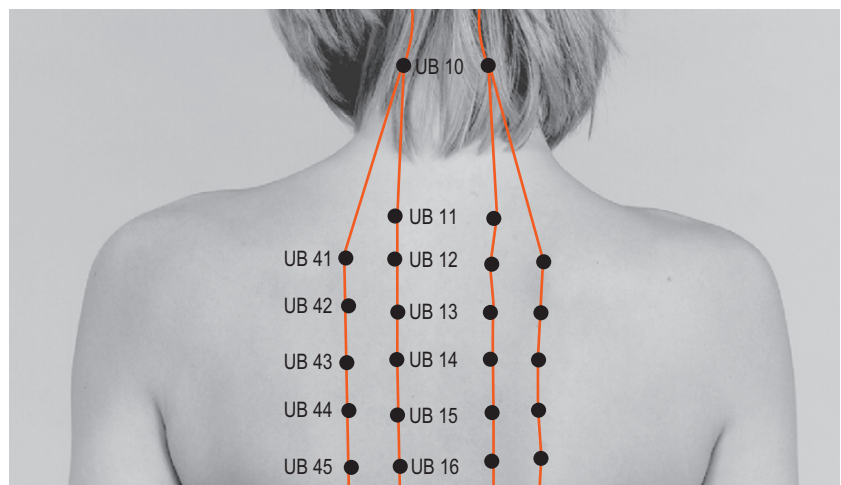


Location: Approximately 1.3cun lateral to → Du-15, where the trapezius muscle inserts on the lower border of the occiput, close to where the major occipital nerve emerges.

Point explanation: A tender point in occipital headache. Should be needled high into the hairline.

Points UB 2 and UB 10 – when patients complain of pain from the forehead to the occiput, we find this to be a neck-related pain. This could be either on the Urinary Bladder meridian or it could be on the Gall Bladder meridian, as both these meridians flow in this area. I would look for tender points in these areas, concentrating on points UB 2, GB 14, UB 10 and GB 20. This would usually give me an idea as to which meridian is affected (please bear in mind that both could be affected at the same time). But if you find that the UB points are more tender on pressure, these patients often have a history of backache, and women often have painful menstruation. If so, these problems would need to be treated to alleviate the neck or occipital pain.

UB 11



Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the first thoracic vertebra (T1, with hanging shoulders on the level of the acromion).

Point explanation: The Influential point for bone – this point is used in musculo-skeletal problems.

UB 12

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the second thoracic vertebra (T2).

Point explanation: This is a 'wind-elimination' point for the back, Lung and skin. It is used in allergic asthma, skin irritations and pains moving up and down the back.

UB 13

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the third thoracic vertebra (T3).

Point explanation: The back-Shu point of Lung.

Box 4.4

From here we begin with the back-Shu points (p. 155) – these are points that are related to each of the 12 organs, and are mainly used to improve their functions. The back-Shu points are also used with extra therapies such as cupping, moxa and massage.

UB 14

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the fourth thoracic vertebra (T4).

Point explanation: The back-Shu point of the Pericardium.

UB 15

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the fifth thoracic vertebra (T5).

Point explanation: The back-Shu point of the Heart; it is used to improve the Heart function – the speed, circulation, concentration and state of alertness.

UB 17

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the seventh thoracic vertebra (T7). T7 can be localized with the shoulders hanging, at the level of the lower tips of the scapulae.

Point explanation: The Influential point of Blood – it treats all Blood disorders such as allergies, anaemia, leukaemia. It is also the back-Shu point of the diaphragm, and can be used for hiccough and hiatus hernia.

UB 18

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the ninth thoracic vertebra (T9).

Point explanation: The back-Shu point of Liver – and influences the Liver function – an affective point for improving sight, to increase blood pressure, to help digest milk products, and to treat suppressed aggression.

UB 19

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the tenth thoracic vertebra (T10).

Point explanation: The back-Shu point of the Gall Bladder; it is used for improving the emptying function of the Gall Bladder, and in the treatment of upper abdominal distension.

UB 20

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the eleventh thoracic vertebra (T11).

Point explanation: The back-Shu point of the Spleen – it is an excellent point for circulation of thick fluids around the body, especially in the hands, feet and face. It also helps firm the connective tissue, improves absorption of nutrition and ensures no 'dip' in energy after meals.

UB 21

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the twelfth thoracic vertebra (T12).

Point explanation: The back-Shu point of the Stomach – will improve the emptying function of the Stomach and make it contract better on receiving food. This is a very important function for us to feel satisfied when eating and know when to stop! As the Stomach contracts, the feeling of satisfaction is reached at an earlier point. When the Stomach muscles are too flaccid, it just stretches and enlarges like a deflated balloon, and the appetite will never be satisfied.

UB 22

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the first lumbar vertebra (L1).

Point explanation: The back-Shu point of Triple Warmer – the function of which is to distribute heat and fluid evenly between the three warmers. When there is coldness all over, or when there is stagnation of dampness in one or all three warmers, this would be an ideal point to use. Placing cups after needling would be additionally beneficial in the case of dampness.

UB 23

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the second lumbar vertebra (L2).

Point explanation: One of the most used back-Shu points; As the Shu point of the Kidneys, it is an important point for tonifying Kidney Yang to improve the urination and reproductive functions. It is also used to treat cold feet, night urination, low sperm count, low libido, and Yin-type back ache. Between the two UB 23 points is another important point for infertility, point Du 4, called Gateway to Life (Mingmen).

UB 24

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the third lumbar vertebra (L3).

Point explanation: Not a back-Shu point of an organ, this is called Qi Hai Shu – or the back-Shu of the Sea of Energy. The Qi Hai point (Ren 6) is found below the navel, and is used to draw from the stored energy around the umbilical cord after birth.

UB 25

Location: 1.5 cun lateral to the posterior midline, on the level of the lower border of the spinous process of the fourth lumbar vertebra (L4).

Point explanation: The back-Shu of the Large Intestine – this is a good point for improving LI function, especially when it is lazy or does not absorb well.

UB 27

Location: 1.5 cun lateral to the posterior midline, on the level of the first sacral foramen.

Point explanation: The back-Shu point of the Small Intestine. It is used again to improve the movement and function of absorption. If patients complain of distension in the naval region and below with undigested light-coloured stools following a meal – this would be the best point to use, perhaps together with moxa on point Ren 4 (the Mu-front point of the Small Intestine).

UB 28 and UB 32

Location:

- UB 28 – 1.5 cun lateral to the posterior midline, on the level of the second sacral foramen.
- UB 32 – Locate the fourth sacral foramen on the level of the superior end of the rima ani (sometimes a bit more superiorly or inferiorly). Place the little finger on the fourth foramen, then the ring, middle and index fingers on a slightly V-shaped line in a superior direction, palpating for the depressions of the sacral foramina. With the fingers in this position, the middle finger would be on the second sacral foramen (UB 32)

Point explanation: These two points are often used in problems of irritable bladder or difficult urination in prostate hypertrophy. The points are very close to each other, at the height between the second and third sacral vertebra. The point UB

32 should be needled into the sacral foramen, for effect. UB 32 is used for painless childbirth with electrical stimulation or TENS (transcutaneous electrical nerve stimulation). UB 28 is the back-Shu point of the Urinary Bladder.

UB 37

Location: 6 cun distal to UB 36 (gluteal crease), on a line connecting UB 36 and UB 40 (in the popliteal crease), in a gap in the musculature.

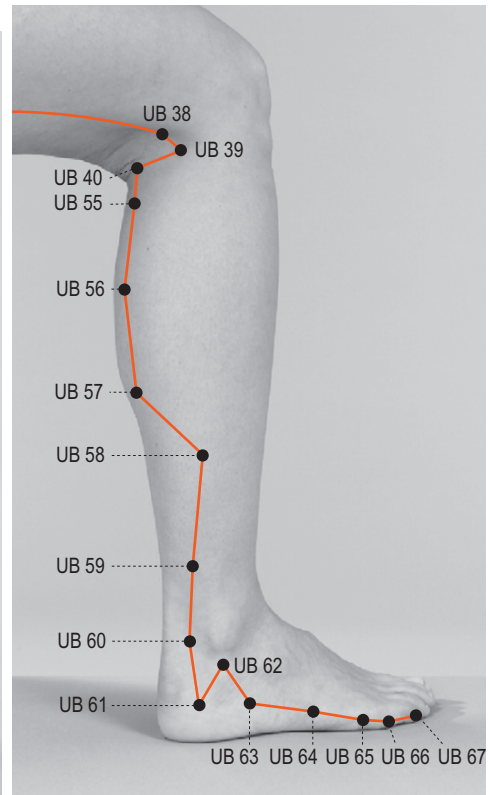
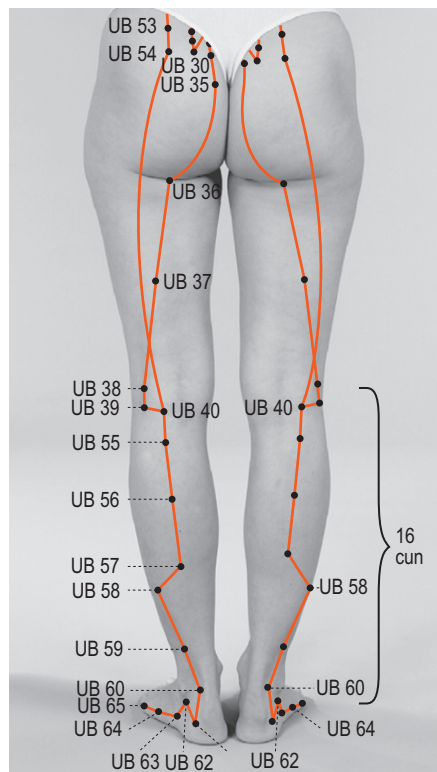
Point explanation: A Meridian Distal point, this is used mainly in low backache. It is also used as a local point in sciatica. A very deep point, which should be needled 4–5 cm perpendicularly, to be of any effect.

UB 39

Location: At the lateral end of the popliteal crease, on the medial side of the tendon of the long head of the biceps femoris muscle.

Point explanation: The lower-Sea point of Triple Warmer, this is often used against oedema anywhere in the body and is excellent against baker's cysts!

UB 40



Location: In the centre of the popliteal crease, between the tendons of the biceps femoris and semitendinosus muscles.

Point explanation: the Area Distal point for the entire back. This is used in backache very successfully. But it is also the Earth point of the Urinary Bladder, and increases dampness in the meridian (see Controlling Cycle, p. 195). I would not use it if there is a Yin pain such as when starting to move from rest, with a lot of stiffness. I would prefer point UB 37 in this situation.

UB 54

Location: 3 cun lateral to the posterior midline, on the level of the fourth sacral foramen, approximately at the centre of the buttock.

Point explanation: On the second parallel line to the Du channel, this is the best local point to be used in sacroiliac joint problems, and, in osteoarthritis of the hip joint, together with point GB 30.

UB 58

Location: 1 cun distal and 1 cun lateral to UB 57 or 7 cun proximal to UB 60, at the posterior border of the fibula and at the lower border of the gastrocnemius muscle.

Point explanation: The Luo-connecting point of the meridian – it is best used in situations of stagnation of dampness in the organ or meridian: stiffness and pain of the back when beginning a movement from rest, fibroids, hypertrophy of the prostate gland, baker's cysts and rest urine in the Urinary Bladder. This one point can balance the Yin stagnation.

UB 60

Location: In the depression on the line connecting the Achilles' tendon and the highest prominence of the lateral malleolus.

Point explanation: The Meridian Distal point of the meridian, especially for the neck and occipital region. Also a good local point for ankle pain and Achilles' tendonitis.

UB 62

Location: In a depression directly inferior to the highest prominence of the lateral malleolus, above the joint space between the talus and calcaneus.

Point explanation: The Confluent point of the Extra-meridian – Yang Motility meridian. The function of this meridian is to move the general Yang energy of the body into the Yin, thereby tipping the balance in the opposite direction. This is a good tranquillizing point, and is also used to treat excessive heat or itching, restlessness and insomnia.

UB 63

Location: On the lateral aspect of the foot, proximal to the tuberosity of the fifth metatarsal bone, in a depression anterior and inferior to UB 62 between the calcaneus and the cuboid bone. Note: Some authors locate UB 63 between the cuboid bone and the tuberosity of the fifth metatarsal bone; the more tender point should be selected.

Point explanation: The Xi-cleft point of the Urinary Bladder – can be used in acute situations of the meridian and organ, such as cystitis, prostatitis, acute sciatica, etc.

UB 64

Location: On the lateral aspect of the foot, below the tuberosity of the fifth metatarsal bone.

Point explanation: The Yuan-source point of the meridian. Can be used for sedation of the Urinary Bladder Yang, when used in conjunction with K 4 Luo-connecting point.

UB 65

Location: On the lateral aspect of the foot, in the depression proximal to the head of the fifth metatarsal bone.

Point explanation: The Sedation point of the meridian, and is used to sedate more of the Yang of the Urinary Bladder.

UB 66

Location: At the lateral border of the foot, in the depression distal to the metatarsophalangeal joint of the little toe.

Point explanation: The Water point and the 'House-element' point of the meridian, and can be used both for tonification and sedation of Urinary Bladder Yang, depending on the needling technique.

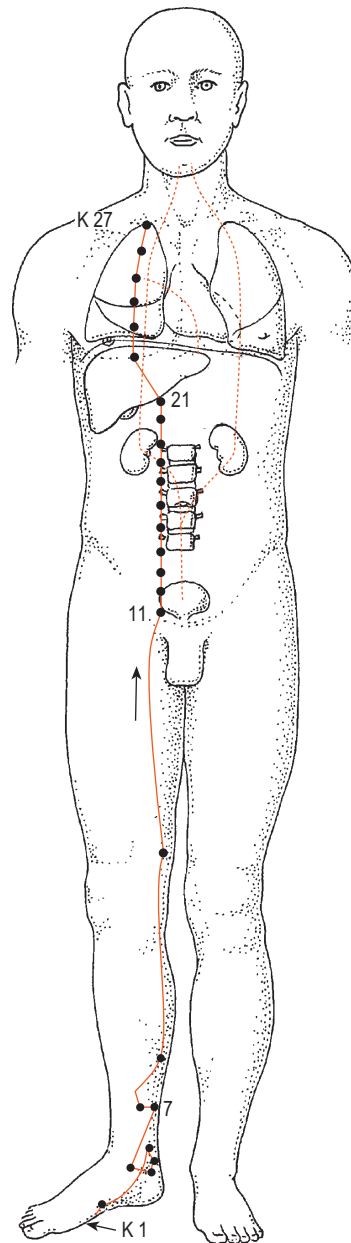
UB 67

Location: On the dorsal aspect of the little toe, 0.1 cun from the lateral corner of the nail.

Point explanation: The Tonification point of the Urinary Bladder meridian – it not only increases Urinary Bladder and Kidney Yang, it can also be used to increase the contractions of the uterus. Moxa is used in this case, and it makes an excellent point to turn the fetus in breech cases and can be used on the 'morning after' in order to make sure there had been no fertilization the night before!

Just as it is not to be used with a needle during pregnancy for fear of causing miscarriage, it is the best point to be used before pregnancy for increasing the 'catching' possibilities. To achieve this, the best time to use the point is during the first two weeks of the menstrual cycle. This is also the last and Exit point of the meridian, where it flows into the Kidney meridian at K 1.

4.2.8 The Kidney meridian of foot Lesser Yin

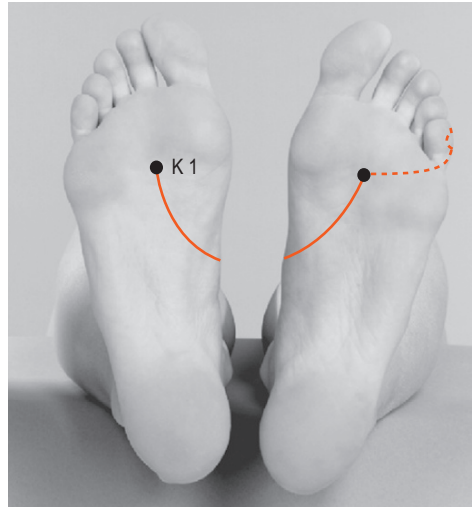


The Kidney Meridian starts where the Urinary Bladder meridian ends, at the little toe, though point K 1 is at the foot sole. The meridian flows to the ankle, making a circle around the medial malleolus and flows up along the medial side of leg. The three Yin meridians flow very close to each other in this region, and it is

easily possible to needle one meridian thinking it is another. On the abdomen, the meridian flows close to the midline, moving further lateral at the thorax, finishing just below the clavicle at the thorax.

The inner branches are: at the foot, the meridian enters the heel; connects with the vertebral column, the Kidney and the Urinary Bladder, flows through the Liver to the Lungs, throat and to the root of the tongue.

K 1

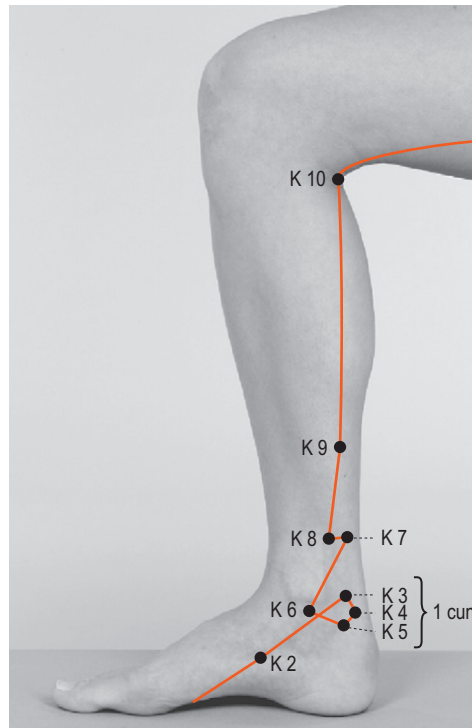


Location: On the sole of the foot, in a depression between the second and third metatarsal bones, at the junction of the anterior third and the posterior two-thirds of the sole.

Point explanation: As the meridian is the only one to flow from the foot sole, all problems of the sole and heel are treated as Kidney problems. Point K 1 is the sedation point of the meridian – sedates more of the Yin and some of the Yang. As such, it is forbidden in growing children to sedate the Kidney energy, which is needed in bone growth. Sometimes, even in adults, the sedation of K 1 could reduce Kidney function. We do use K 1 as an emergency point in patients having an epileptic or fever fit, or when a patient faints. But when one needs to sedate the Kidney in adults, point K 5 (the Xi-cleft point) is preferred and safe. In children, usually the Kidney needs to be sedated in ear infections. In this case, an alternative may be to sedate the Triple Warmer meridian with TW 7 (Xi-cleft point), as the Triple Warmer meridian is the closest meridian to the ear. Sedation of the Kidney or the Urinary Bladder meridian is contraindicated in growing children, as the Kidney nourishes bone – sedating this may cause problems.

K 1 moxa is a popular therapy in illness with cold feet. It is common for patients with backache and sciatica to suffer from cold feet. Warming the feet on K 1 with moxa will enhance the effect of the treatment.

K 2



Location: At the medial border of the foot, in a depression at the anterior border of the navicular bone, at the border of the red and white skin.

Point explanation: The Fire point of Kidney; can be used as a point to sedate Yin when sedated normally, and to sedate Kidney Yang when used with the fire-dispersing technique (p. 433).

K 3

Location: In the depression between the highest prominence of the medial malleolus and the Achilles' tendon.

Point explanation: Easily the most important point on the meridian; the Yuan-source point, the Earth point and the Meridian Distal point. There are many arguments in the literature as to whether this point increases the Yin or Yang aspect of Kidney, and I don't wish to enter the debate. I feel that if the Patient already has a Kidney Yang excess, this would worsen with point K 3. If the Patient has a Yang deficiency or deficiency of both Yin and Yang, this would help.

K 4

Location: Anterior to the medial border of the Achilles' tendon, superior to its insertion at the calcaneus. The point is between K 3 and K 5, more posterior and forming a triangle with these points.

Point explanation: I use this Luo-connecting point very often. In cases with Kidney Yin deficiency with general dryness and heat symptoms ascending to the upper warmer – hot flushes, mental restlessness and sleep problems, hypertension, tachycardia etc – I use Sp 6 to descend the heat (p. 434) and balance it out with point K 4. It works excellently as long as the location is correct!

K 5

Location: 1 cun distal to K 3, in a depression over the joint space between the talus and calcaneus.

Point explanation: The Xi-cleft point of Kidney; I think this is the most common point used in the sedation of the Kidney. The good point about Xi-cleft points is that as they are used in acute conditions of an organ to sedate it. They work in the case of Yin or Yang excess equally, and this is different to the sedation points (which will sedate one aspect more than the other). So, this is equally effective in ear infections, acute deafness, acute tinnitus, acute Kidney colic, and acute pyelo-nephritis.

K 6

Location: Approximately 1 cun inferior to the highest prominence of the medial malleolus, over the joint space between the talus and the calcaneus.

Point explanation: I fondly call this 'the wake-up' point. The Confluent point of the Yin Motility channel, this has the opposite use to point UB 62, which is on the lateral ankle. The Yin Motility channel is used to shift the general Yin energy of the body into Yang, thereby making the person more warm, energetic, more awake and alert.

K 7

Location: 2 cun proximal to K 3, between the tibia and Achilles' tendon.

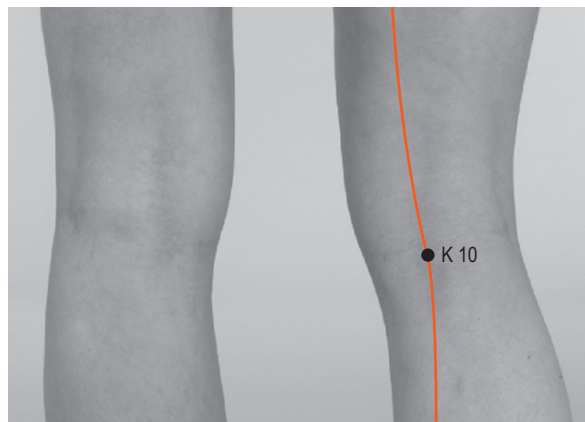
Point explanation: The Tonification point and the Metal point of the meridian, this tonifies more Yin and less Yang. As people in Western countries drink very little water and live and work in air-conditioned or heated rooms, Kidney Yin deficiency is a common problem among us. Our bodies tend to suffer from dryness, and therefore it must not be assumed that just by needling K 7, we should increase the water in our bodies. This is only secondary to increasing the water consumption. Ideally, this should be throughout the day and in small quantities.

K 9

Location: 5 cun proximal to the highest prominence of the medial malleolus, in a line joining K 10 to K 3.

Point explanation: A common point between Kidney meridian and the Yin Regulating meridian (Yin Wei), this is an important point in helping both these meridians hold on to the Yin and stop it from leaking outwards. Naturally, this becomes a reason for concern when the Yin is already deficient. Therefore, this point will be used in the case of miscarriage (or the prevention of it), spermatorrhoea, excessive thirst with dryness and excessive urination, and cold and sweaty feet.

K 10



Location: At the medial end of the popliteal crease, between the tendons of the semimembranosus and semitendinosus muscles, at the level of the knee joint space.

Point explanation: The Water point of this Water organ, this is a very strong Kidney Yin Tonification point. If given too often, patients could start feeling cold and heavy and complain of stiffness in joints. It is very close to point Liver 8, and needs to be differentiated carefully.

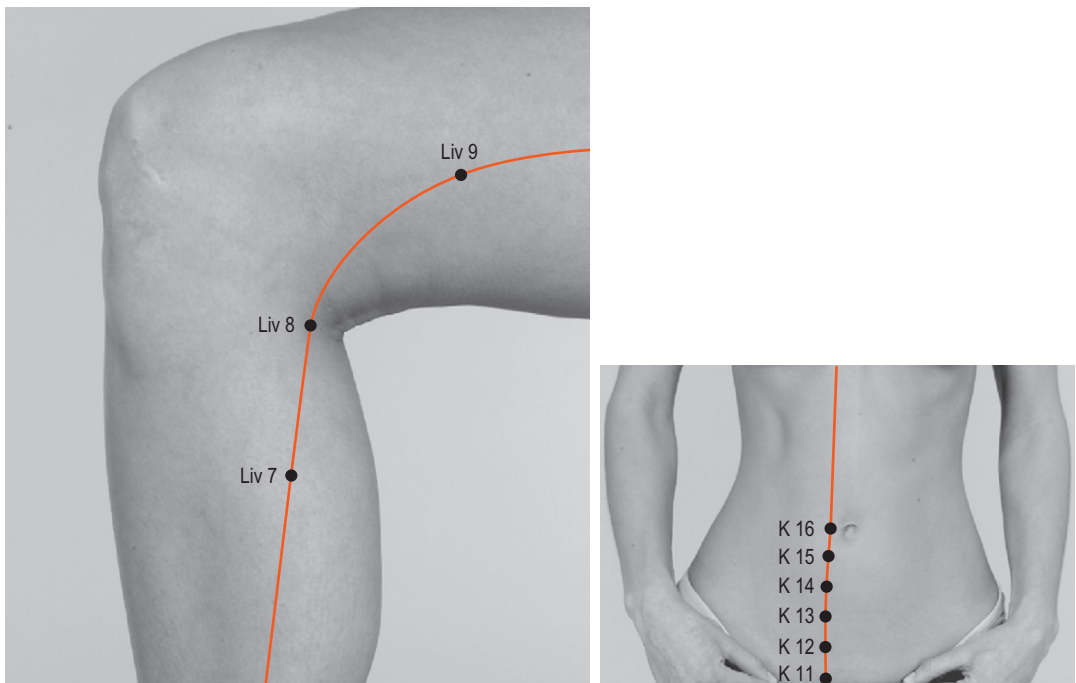
K 11–21

Location:

- K11 – At the upper border of the pubic symphysis, 0.5 cun lateral to the anterior midline.
- K12 – 1 cun superior to the upper border of the pubic symphysis, 0.5 cun lateral to the anterior midline.
- K13 – 2 cun superior to the upper border of the pubic symphysis, 0.5 cun lateral to the anterior midline.
- K14 – 2 cun inferior to the umbilicus, 0.5 cun lateral to the anterior midline.
- K15 – 1 cun inferior to the umbilicus, 0.5 cun lateral to the anterior midline.

- K16 – 0.5cun lateral to the centre of the umbilicus. It is used for helping contraction of the uterus following childbirth, which is beneficial in controlling bleeding.
- K17 – 2cun superior to the umbilicus, 0.5cun lateral to the anterior midline.
- K18 – 3cun superior to the umbilicus, 0.5cun lateral to the anterior midline.
- K19 – Midway between the sternocostal angle and the centre of the umbilicus, 0.5cun lateral to the anterior midline.
- K20 – 5cun superior to the umbilicus or 3cun inferior to the sterno-costal angle, 0.5cun lateral to the anterior midline.
- K21 – 2cun inferior to the sternocostal angle, 0.5cun lateral to the anterior midline.
- K22 – In the fifth intercostal space, 2cun lateral to the anterior midline.

Point explanation: These points are on the abdomen, and are used as local points. They are also good points for descending water from the abdomen (ascites), in order to increase urination. They are also common points in the Extra meridian – the Vital channel.



- K 22 – is the Exit point of the meridian where it flows into the next meridian – the Pericardium channel at point P 1. Often, especially after breast surgery, the connection between these meridians is blocked, and this may cause severe pain in the area. This could be treated by needling the part of each meridian which is still left, and sedating the needle on Kidney meridian. This will bring about a reconnection of the energy flow and reduction of pain.

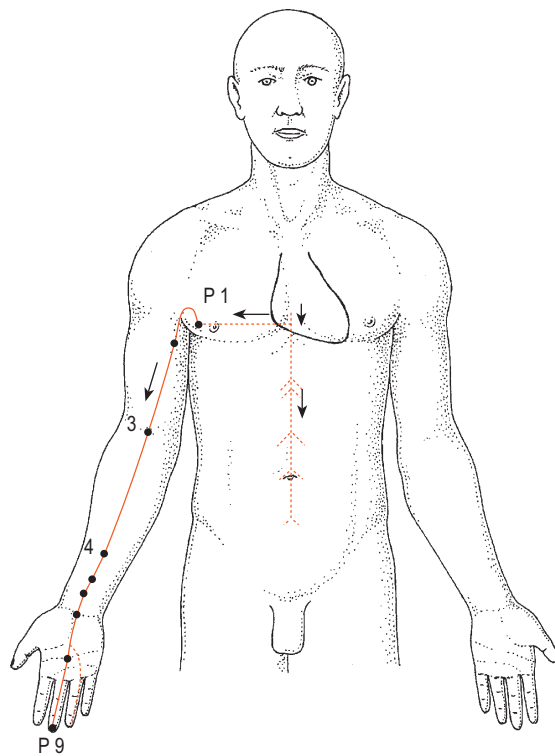
K 24–27

Location:

- K24 – In the third intercostal space, 2 cun lateral to the anterior midline.
- K25 – In the second intercostal space, 2 cun lateral to the anterior midline.
- K26 – In the first intercostal space, 2 cun lateral to the anterior midline.
- K27 – At the lower border of the clavicle, 2 cun lateral to the anterior midline.
- These four points should be needled towards the sternum at a 10° angle.

Point explanation: The last four points of the Kidney meridian are used to treat Lung oedema or excessive mucus. They help the Lungs to descend the water down to the Kidneys.

4.2.9 The Pericardium meridian of hand Extreme Yin



The Pericardium meridian begins near the Kidney Exit point – on the lateral side of the nipple. It then flows up towards the shoulder and curves downwards ventrally to flow along the centre of the arm, ending on the middle finger.

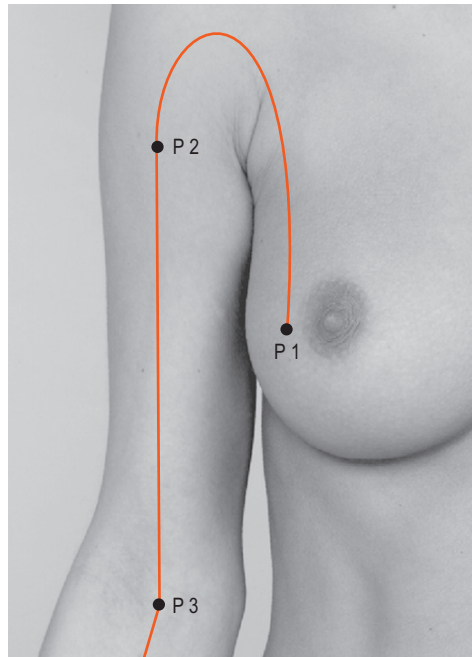
The Interior meridian originated from the chest, from the Pericardium, and flows through the upper, middle and lower warmers of the body; another branch starts at point P 8 at the palm and flows to the ring finger, to join with the Triple Warmer meridian at TW 1.

P 1

Location: In the fourth intercostal space, 1 cun lateral to the nipple.

Point explanation: Used only as entry point of the meridian, if there is pain following breast surgery, this point or (when this area has been removed) any point along the remaining Pericardium meridian should be needled, together with the Kidney meridian point at or before K 22 (exit point).

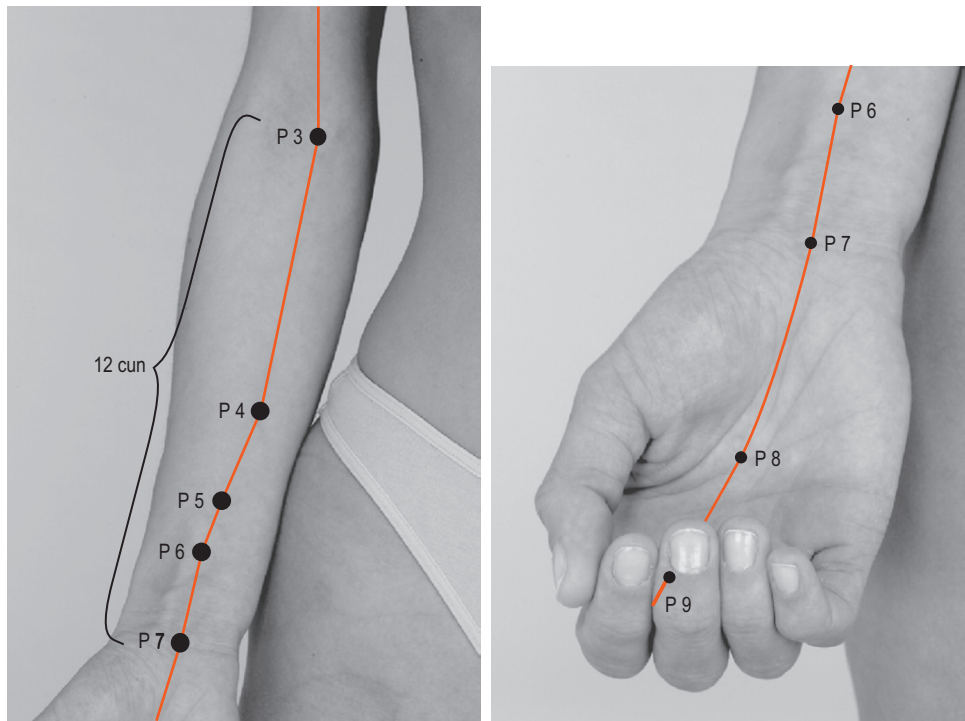
P 4



Location: 5 cun proximal to the anterior space of the wrist joint (most distal wrist crease), between the tendons of the palmaris longus and flexor carpi radialis muscles.

Point explanation: The Xi-cleft point of the meridian, it is a safe and useful point to be sedated in acute problems of the Heart and Pericardium. I use it wherever Heart sedation is warranted.

P 6



Location: 2cun proximal to the anterior wrist joint space (most distal wrist crease), between the tendons of the palmaris longus and flexor carpi radialis muscles.

Point explanation: An important point that every acupuncturist should use, and a simple point that patients may use for acupressure massage. It is an Area Distal point for the thorax and upper abdomen, and a symptomatic point for many symptoms such as nausea, vomiting, cough, asthma, chest pain, stomach pain, hiccough, tachycardia and arrhythmia.

P 7

Location: On the anterior aspect of the wrist joint space (most distal wrist crease), between the tendons of the palmaris longus and flexor carpi radialis muscles.

Point explanation: The sedation point of the meridian, it sedates more of the Yin than the Yang. It is often used as a 'one-point therapy' point (p. 378) for heel pain in calcaneus spur or plantar fasciitis.

P 8

Location: In the centre of the palm, between the second and third metacarpal bones, slightly closer to the third metacarpal bone.

Point explanation: Another of my favourite points, this is the Fire point and the 'House-element' point of Pericardium. It can tonify or sedate Pericardium Yin,

though it is mostly used in tonification. This is done simply by placing the needle rather superficially on the point. It is excellent in treating dry, cracked or peeling palms and other Yin deficiency symptoms such as warm palms.

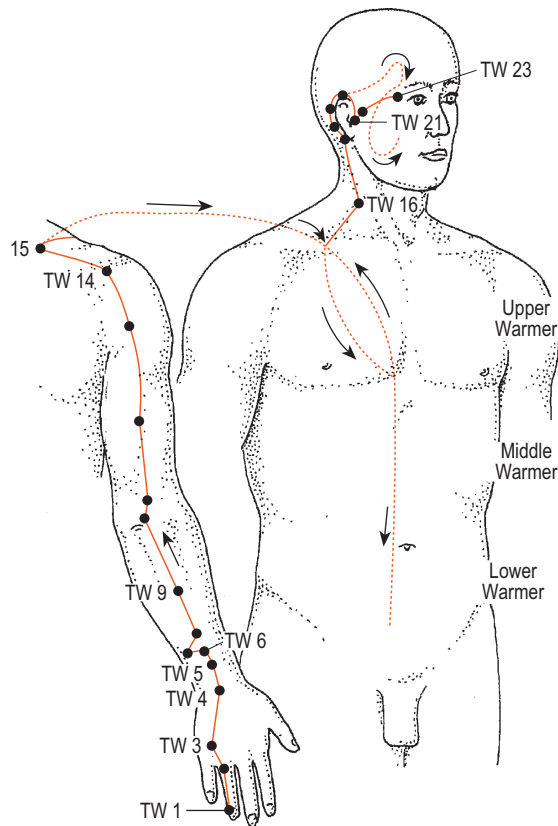
This is also the Exit point of the Pericardium meridian, where it flows into TW 1.

P 9

Location: On the most distal point at the tip of the middle finger.

Point explanation: The Tonification point. Bleeding of this point is beneficial in letting out heat. It is used in fever in children, high blood pressure in adults. It is very safe in the treatment of high blood pressure in pregnancy.

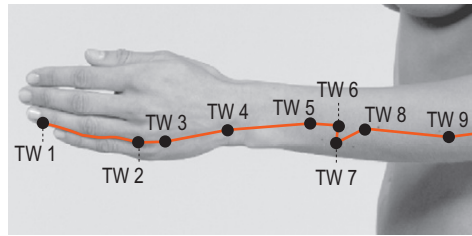
4.2.10 The Triple Warmer meridian of hand Lesser Yang



The Triple Warmer Meridian begins at the ulnar side of the ring finger nail, and flows to the dorsum of wrist, and onwards to the olecranon. From there it flows to the lateral side of shoulder, and along the trapezius to the base of the ear. It follows closely around the ear from its base to the top and finishes at the lateral end of eyebrow.

Inner branch goes to the Pericardium, and the three warmers; the auricular branch enters the ear and connects with GB 1 at the temple.

TW 1



Location: On the ring finger, 0.1 cun from the ulnar corner of the nail.

Point explanation: The Entry point of the meridian where energy flows in from Pericardium. It is the Metal point of the meridian and can be used as a sedation point for Yang when sedated.

TW 2

Location: Between the little finger and ring finger, proximal to the margin of the web.

Point explanation: The Water point and used to tonify the Yin of the meridian as the 'Grandmother' point.

TW 3

Location: On the dorsum of the hand, in a depression between the fourth and fifth metacarpal bones, proximal to the metacarpophalangeal joints. TW 3 is located at the junction between the heads and shafts of the two metacarpal bones.

Point explanation: The Tonification point and Wood point of the channel. Tonifies more the Yang and less of the Yin.

TW 4

Location: On the dorsum of the wrist (above the wrist joint space, dorsal wrist crease), in the gap between the tendons of the extensor digitorum (on the ulnar aspect) and the extensor digiti minimi muscles (on the radial aspect).

Point explanation: The Yuan-source point of TW. Can be used with sedation technique and in conjunction with the Luo-connecting point of Pericardium – P 6.

TW 5

Location: 2 cun proximal to the dorsal wrist joint space (dorsal wrist crease), between the radius and the ulna.

Point explanation: The Luo-connecting point of TW. On the opposite side of point P 6, these both are Luo-connecting points. The TW 5 is used to assist extension movement of the wrist and fingers, while P 6 is used for contraction of wrist and fingers.

Both TW 3 and TW 5 are commonly used in the treatment of deafness, TW 5 especially for blocked feeling in the ears. Being the Luo-connecting point of a Yang meridian, it has the ability to sedate the Yin and increase the Yang at the same time.

TW 6

Location: 3cun proximal to the dorsal wrist joint space (dorsal wrist crease), in a depression between the radius and the ulna, radial to the tendon of the extensor digitorum communis muscle.

Point explanation: A symptomatic point for constipation. Also used against acute side headache or neck pain with sedation. This is the Fire point and the 'House-element' point of the meridian, and therefore can be used for tonification and sedation.

TW 7

Location: 3cun proximal to the dorsal wrist joint space (dorsal wrist crease) and 0.5cun ulnar to the centre of the forearm, closer to the ulnar border.

Point explanation: Xi-cleft point. Used in acute ear infection or deafness, because of the proximity of the meridian to the ear. In children with ear infections, Kidney sedation is contraindicated, and TW 7 is point of choice.

TW 8

Location: 4cun proximal to the dorsal wrist joint space (dorsal wrist crease), between the radius and the ulna, radial to the tendon of the extensor digitorum communis muscle.

Point explanation: Excellent point in thoracic pain on the side, and flanks.

Box 4.5

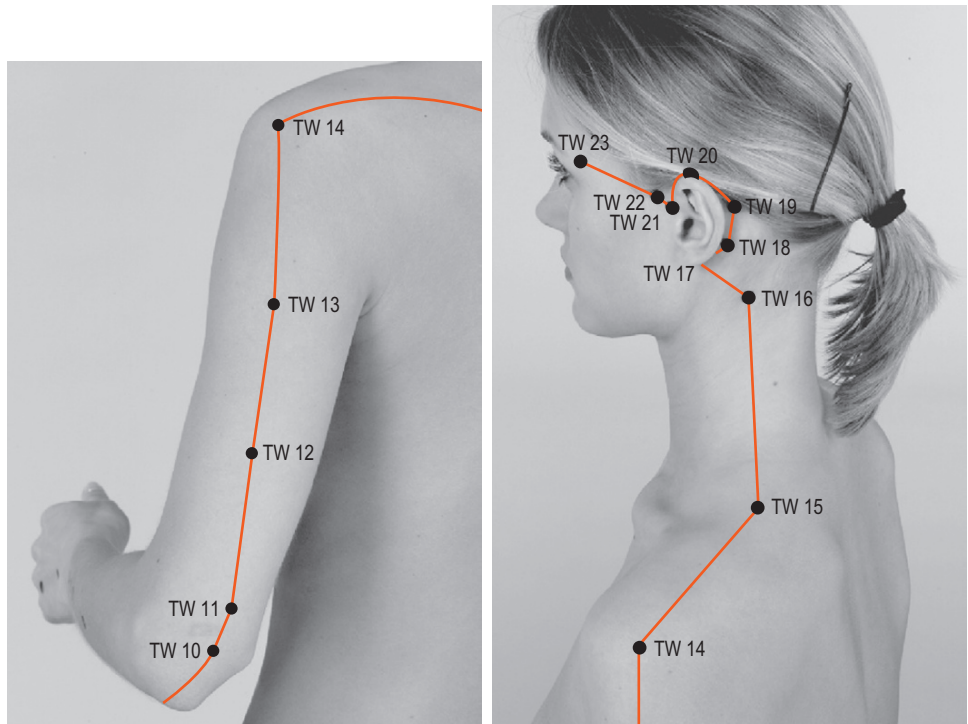
TW 6 and TW 8 are used with sedation when there is acute pain in the Gall Bladder meridian. Since both meridians have the same polarity of energy, sedating one meridian works for the other. Also, as Triple Warmer is the son organ of the Gall Bladder, sedating the son causes sedation of the Mother organ too (see Mother-Son Cycle, p. 188)

TW 10

Location: On the lateral aspect of the upper arm, with the elbow flexed at a right angle, the point is located in a depression approximately 1cun proximal to the olecranon.

Point explanation: The sedation point and the Earth point of the meridian. Sedating TW is one way to sedate the Yang of the meridian mainly, and also for sedating the Yang of the Fire element and that of the entire body.

TW 13 and 14

*Location:*

- TW 13 – 3 cun distal to point TW 14, on a line connecting TW 14 to TW 10, on the posterior border of the deltoid muscle.
- TW 14 – Posterior and inferior to the acromion or, with the arm abducted, in the posterior of the two depressions on the shoulder joint.

Point explanation: These are local points for lateral shoulder arm pain, especially on sideways raising of the arm. TW 14 is needled in the direction to the axilla, and point 13 given at a 90° angle into the deltoid. It would be effective to combine points TW 15, and LI 15 with these two points, when treating shoulder pain.

TW 15

Location: At the midpoint of an imaginary line between the spinous process of the seventh cervical vertebra (C7) and the tip of the acromion (lateral extremity of the acromion).

Point explanation: A common tender point at the trapezius muscle, with point GB 21 just next to it. Obviously, one of these points would be fine. If the patient has both neck and should pain, the needle at TW 15 should be directed to the shoulder.

TW 17

Location: With the patient's mouth open, in the depression behind the earlobe, between the mastoid process and the mandible.

Point explanation: The best local point for ear problems – ear infection, tinnitus, deafness etc.

TW 21

Location: Anterior to the ear, with the patient's mouth open in the depression on the level of the supratragic notch and slightly superior to the condyloid process of the mandible.

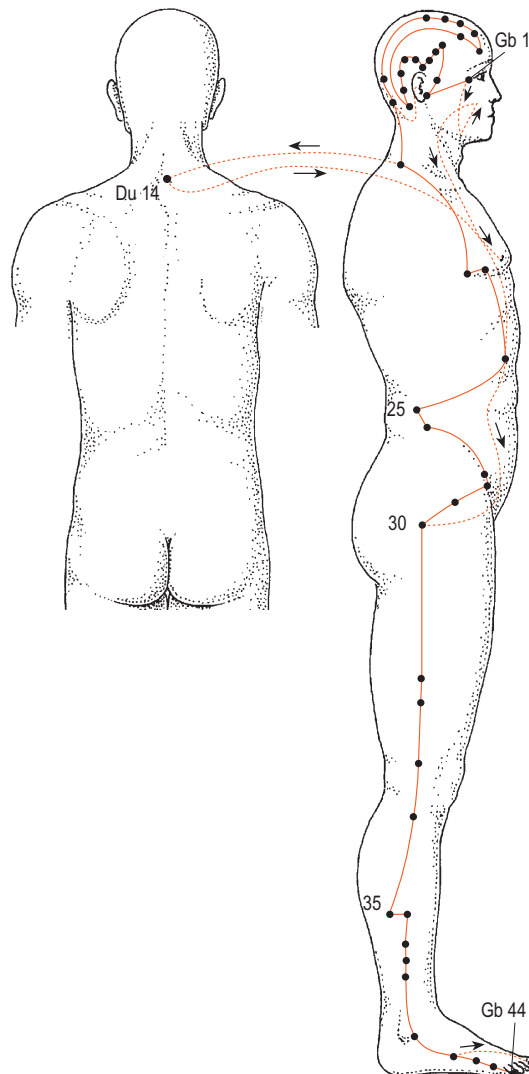
Point explanation: Another local point for the ear, it is often used as a 'through-and-through' point from TW 21 towards GB 2, going through point SI 19 in the middle. Also the Exit point of the meridian, it is where energy flows out and into the next meridian, at GB 1.

TW 23

Location: On the lateral end of the eyebrow, in the bony depression of the fronto-zygomatic suture, between the frontal and zygomatic bones.

Point explanation: The last point of the meridian, it is a local point for the temple and eyebrow – and can be used to treat headache, facial paralysis and in cosmetic acupuncture – it can be used to create a 'wide-eyed look'.

4.2.11 The Gall Bladder meridian of foot Lesser Yang



The Gall Bladder meridian begins near the End point of the Triple Warmer meridian, at the lateral corner of eye. It follows a zigzag path over the temporal and parietal area of the head, and goes through the occiput to the sides of the shoulders, along the trapezius muscle. It flows then to the side of the thorax and makes a zigzag across the ribs, then on the flank and the hip; it continues down the side of thigh and leg, finishing on the lateral side of the fourth toe.

Inner branches: the branch behind the ear enters the ear and flows to the front to enter the eye; the branch from the outer canthus runs on the cheek, meeting St 5 and St 6; this branch enters the thorax to connect with the Liver and enters the Gall Bladder; from there it flows to the lateral side of lower abdomen near the femoral artery at the inguinal region. The branch at the dorsum of foot splits off at point GB 41 and flows to the big toe, to connect with the next meridian – the Liver.

GB 1

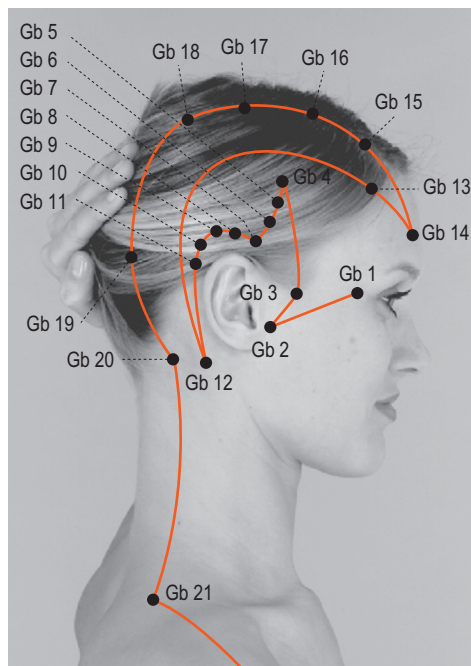
Location: In a bony depression on the lateral aspect of the orbital margin, on the level of the outer canthus of the eye.

Point explanation: The first and the entry point of the meridian, it should be needled with skin pinched and needle tip towards the outer canthus. It is used against ptosis of eyelids, in facial paralysis where the eyelids do not close well.

GB 8

Location: 1.5cun directly superior to the apex of the ear, in a depression on the upper border of the temporalis muscle.

Point explanation: This is a symptomatic point for tinnitus and ear-related dizziness. This point is needled subcutaneously for a distance of 1–2cm above the ear, and twirled small and rapidly for about a minute. The needle is then left in place for 20 minutes. It coincides with the vertigo-auditory area of scalp acupuncture, and this may explain why it works in these conditions.



GB 12

Location: In a depression directly posterior and inferior to the mastoid process.

Point explanation: Below the mastoid and close to point GB 20, this is also a good point like GB 20 for improving the sight.

GB 14

Location: With the patient looking straight ahead, on the pupil line, approximately 1 cun superior to the midpoint of the eyebrow, at the junction of the frontal eminence and the superciliary arch.

Point explanation: This is an excellent point for treating frontal headache, and problems with eyes. It is also effective in correcting drooping eyelids, dry eyes and tension due to eye stress. Needled intramuscularly with needle facing the centre of the eyebrow, it assists the eyebrow raising movement, and therefore is used in facial paralysis.

GB 20

Location: At the lower border of the occipital bone, in the depression between the origins of the sternocleidomastoid and trapezius muscles.

Point explanation: Easily the most important point in the head. It is a wind-eliminating point for head and face, meaning all allergic symptoms, irritation of sensory organs, and headache will clear with this point. It is a point that makes the senses clear – good for treating symptoms such as blurred vision, tinnitus, loss of smell or deafness, short or long sight, loss of taste etc. It helps one to think clearly and see situations clearly – good for making decisions.

GB 21

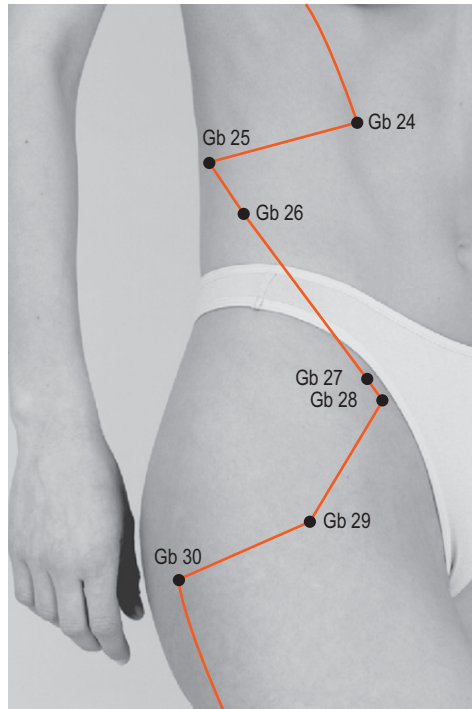
Location: At the highest point of the shoulder, at the midpoint of a line connecting the seventh cervical vertebra (C7) and the lateral extremity of the acromion.

Point explanation: Often used together with point GB 20 in neck and shoulder pains, this is an effective point. One of the ways to differentiate if the pain is from the Urinary Bladder or Gall Bladder meridian is to palpate six points on either side for tenderness: UB 10/GB 20; UB 2/GB 14; UB 11/GB 21. Where there is most tenderness will show us which meridian is most affected. Although it is possible that both these meridians could be painful, the chances are that only one is causing the pain.

GB 24

Location: In the seventh intercostal space, on the mamillary line (4 cun lateral to the anterior midline (needle obliquely towards the Ren meridian).

Point explanation: The Mu-front point of the Gall Bladder, and often the patient complains of pain on this point if the Gall Bladder is ill. Treating this point will then relieve the pain and improve the dysfunction. For instance, a patient with Gall Bladder colic would show this to be the most painful point. Needling this point would ease the colic.



GB 25

Location: On the lateral aspect of the ribcage, at the lower border of the free end of the twelfth rib (needle obliquely towards rib).

Point explanation: This is the Mu-front point of Kidneys, and an excellent point in the treatment of Kidney colic. The Mu-front points have the ability to cool and calm the organ, to improve their Yin nature.

GB 26–28

Location:

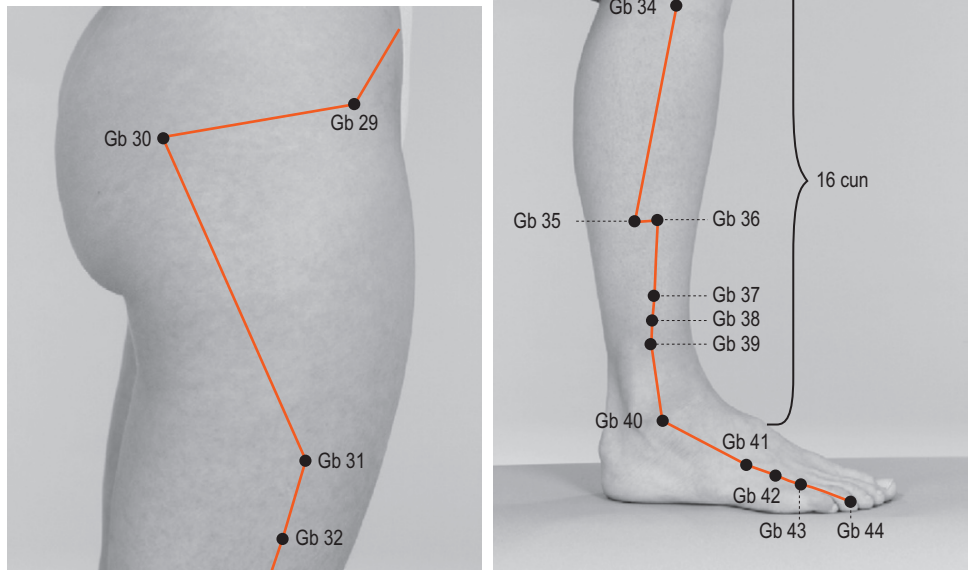
- GB 26 – On the lateral aspect of the waist, at the junction of a vertical line through the free end of the eleventh rib and a horizontal line through the umbilicus, approximately 1.8cun inferior to Liv 13.
- GB 27 – In the depression medial to the anterior superior iliac spine, approximately 3cun inferior to the umbilicus.
- GB 28 – On the lateral aspect of the abdomen, anterior and inferior to the anterior superior iliac spine, approximately 0.5cun anterior and inferior to GB 27.

Point explanation: These are common points of the Belt channel, which is an Extra meridian which is especially useful for treating 'belt-like' symptoms. For backache that travels from back to front, cutting the body in half, or for tightness around the Lungs during asthma, or in band-like headache, or even for half band-like pain as in herpes zoster or migraine headache – this meridian would be the appropriate one to use. These three points should be given in combination with point GB 41 – the Confluent point of the Belt channel. This particular treatment should be given once weekly for not more than three to four times, and the belt-like symptom will disappear!

GB 30

Location: With the patient lying on their side, the point is at the junction between the medial two-thirds and the lateral third of a line connecting the greater trochanter and the sacral hiatus.

Point explanation: The point for the 'longest needle'! A useful point to treat hip and back pain, there is a very good reaction with hot needles on this point.



GB 31

Location: On the lateral aspect of the thigh, inferior to the greater trochanter, approximately 7 cun proximal to the popliteal crease.

Point explanation: The 'Wind-eliminating point' for hip and leg, this a good point against itching, allergic reactions and pains moving up and down the leg and hip. Should be used with the wind-elimination technique (p. 431).

GB 34

Location: In the depression anterior and inferior to the head of the fibula.

Point explanation: Influential point for Muscle and Tendon. Used in all problem of the locomotive system, and in paralysis, tension etc.

GB 36

Location: 7 cun proximal to the highest prominence of the lateral malleolus, on the anterior border of the fibula.

Point explanation: The Xi-cleft point of Gall Bladder meridian, it is an effective point for quickly relieving Gall Bladder pain or migraine headache.

GB 37

Location: 5 cun proximal to the highest prominence of the lateral malleolus, on the anterior border of the fibula, between the peroneus longus and extensor digitorum longus muscles.

Point explanation: The Luo-connecting point of the meridian, it is used to tonify the Yang and reduce the Yin at the same time. It is a very effective point in the treatment of long-sightedness with special difficulties with night vision. It is also a good point to promote elimination of bile and remove stagnation in the Gall Bladder. This point improves free flow of thick fluids in general, and because it is the Yang coupled organ of Liver, it promotes free-flow of Blood in the Blood vessels. It is an anti-cholesterol point!

GB 38

Location: 4 cun proximal to the highest prominence of the lateral malleolus, on the anterior border of the fibula.

Point explanation: The sedation point and Fire point of the Gall Bladder meridian, it is one-fourth the distance between the popliteal fold and the prominence of the lateral malleolus, which is a 16 cun line. This point should be located using proportionate measurements, in order to be accurate.

GB 39

Location: 3 cun proximal to the highest prominence of the lateral malleolus, on the posterior border of the fibula.

Point explanation: The 'After 45 point'! This is the Influential point for Marrow – both nerve marrow and bone marrow. As early ageing causes lessening of bone and nerve cells, it is a good prevention to take this point every week after the age of 45. This could be also used for Blood deficiency, as bone marrow makes Blood.

GB 40

Location: In the depression anterior and inferior to the lateral malleolus, lateral to the tendons of the extensor digitorum longus muscle.

Point explanation: The Yuan-source point of the meridian, it can be used in sedation to sedate the Yang of the Gall Bladder, and in conjunction with the Luo-connecting point of the coupled meridian – Liv 5.

GB 41

Location: In the depression at the junction of the shafts and the bases of the fourth and fifth metatarsal bones, lateral to the tendon of the extensor digitorum longus muscle.

Point explanation: The Wood point and the 'house element point' of the Gall Bladder, this point can be used in tonification or sedation for Yang. It is also a Meridian Distal point of the meridian. This is the Exit point of the Gall Bladder meridian, where it flows into the Liver meridian at Liv 1.

GB 43

Location: Between the fourth and fifth toes, proximal to the margin of the inter-digital web.

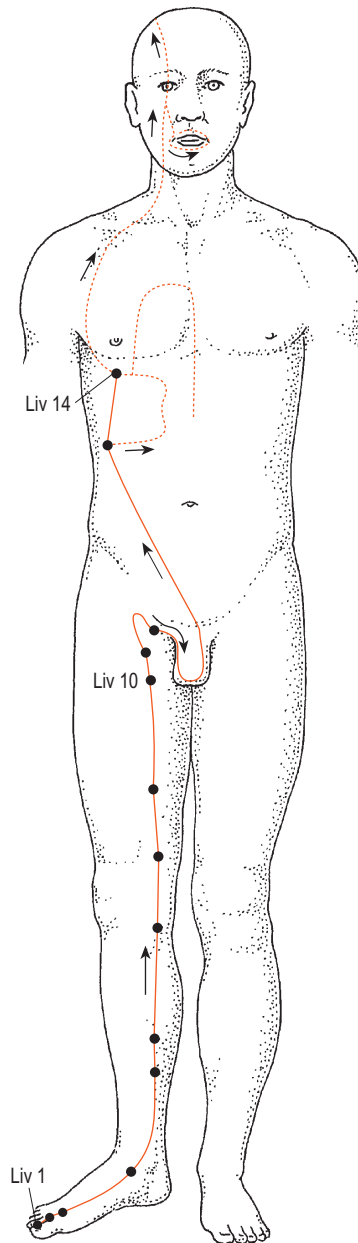
Point explanation: The Tonification point and a 'Wind-eliminating point'. It tonifies more the Yang and less the Yin.

GB 44

Location: On the fourth toe, 0.1 cun from the lateral corner of the nail.

Point explanation: The last point – also the Metal point of the channel, this is used to tonify the Yin of the Gall Bladder, as it is the ‘Grandmother’ point.

4.2.12 The Liver meridian of foot Extreme Yin



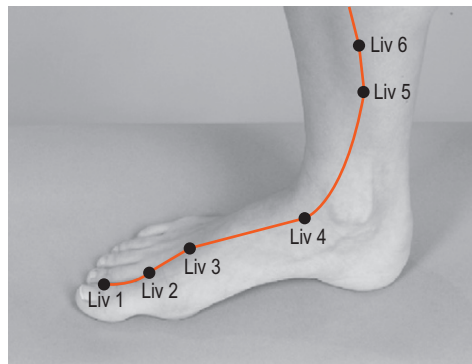
The Liver Meridian begins on the lateral side of the big toe, running upwards along the dorsum of the foot and ankle, the medial side of the leg, and then curving around the external genital area and going up to the abdomen and ending between the ribs at the mammary line.

Internal branches: In the abdomen, the meridian enters the Liver, Gall Bladder and ascends further to enter the eye; still ascending further, it goes to the forehead and meets with the Du meridian at point Du 1; the eye branch flows down towards the lips and curls around the lips; the branch arising from the Liver connects with the Lung.

Liv 1

Location: On the lateral aspect of the big toe, 0.1 cun proximal and lateral to the corner of the nail.

Point explanation: The Wood point and 'House-element' point of the meridian, is used in tonifying liver Yin, a great point in the treatment of fat craving.



Liv 2

Location: Between the first and second toes, proximal to the margin of the interdigital web.

Point explanation: The sedation point, the Fire point of Liver – sedates much more the Yin aspect and some Yang as well. It is also a Wind-eliminating point and, as Liver generates internal wind for the entire body, is a good point to calm the Liver and eliminate the irritating wind.

Liv 3

Location: On the dorsum of the foot, between the first and second metatarsal bones, in the depression proximal to the metatarsophalangeal joints and the proximal angle between the two bones.

Point explanation: Again, one of the most important points in acupuncture. This is a good point against nervousness, stress and tension, against both high and low blood pressure. This is the Yuan-source point of the meridian and can be used in tonification or sedation. In fact, this is one point which can be used in both high and low blood pressure!

Liv 4

Location: 1 cun anterior to the prominence of the medial malleolus, medial to the tendon of the tibialis anterior muscle.

Point explanation: The Metal point and the 'Grandmother' point of the Liver, this is used to tonify the Yang of this Yin organ. It is a good point to improve the ability to deal with one's anger, to able one to be assertive and raise the voice when necessary. It tenses the muscle tone, hence is good for raising the blood pressure, and this point works much better when Large Intestine function is good.

Liv 5

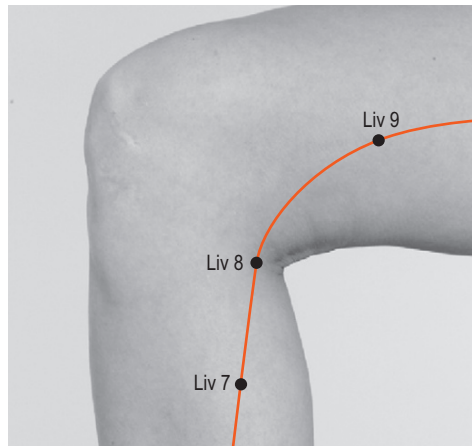
Location: On the medial aspect of the lower leg, 5cun proximal to the highest prominence of the medial malleolus, at the posterior border of the tibia.

Point explanation: The Luo-connecting point of Liver which tonifies Liver Yin and reduces its Yang at the same time. It is an excellent point for the following combinations of symptoms: dry eyes with recurrent redness and conjunctivitis, spontaneous and excessive bleeding from any part of the body, sudden and uncontrolled outbursts of anger. These are examples of Yin deficiency and Yang hyperactivity in the Liver where Liv 5 is suitable to use.

Liv 6

Location: 7cun proximal to the highest prominence of the medial malleolus, just posterior to the medial crest of the tibia.

Point explanation: Xi-cleft point. Excellent in acute eye disorders such as allergies or conjunctivitis. Also recommended in acute hepatitis, and extreme nervousness. Given with sedation technique.



Liv 8

Location: With the knee flexed, Liv 8 is located directly proximal to the medial end of the popliteal crease, in a depression anterior to the tendons of the semitendinosus and semimembranosus muscles.

Point explanation: The Tonification point and the Water point of Liver, tonifies more of Yin and some Yang. Located at full bend of the knee at the medial end of popliteal fold.

Liv 13

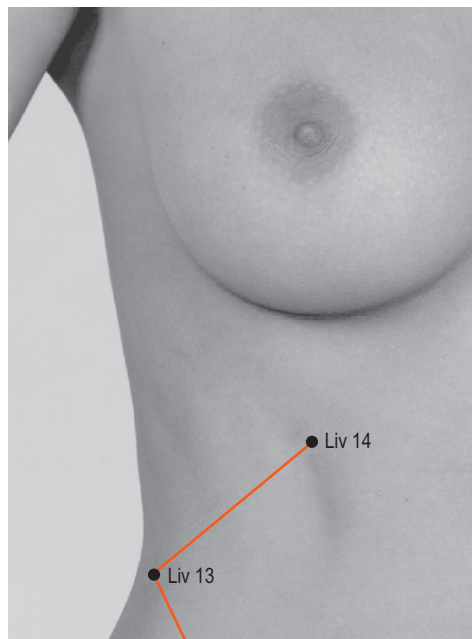
Location: Anterior and inferior to the free end of the eleventh rib.

Point explanation: The Mu-front point of Spleen and also the Influential point of Yin organs.

Liv 14

Location: In the sixth intercostal space, on the mamillary line or 4cun lateral to the midline.

Point explanation: The last point and Exit point of the Liver, where it flows into the next meridian at Lu 1. It is also the Mu-front point of the meridian, and can be used as an Alarm point when there is pain in this point and symptoms of Liver disease.



4.2.13 Extra points

Still a work in progress, Extraordinary points – or points outside of meridians – are still being found. These are mostly points that have been found to be effective in certain symptoms and so should be incorporated into the points bank. Let us look at some of these. Note that I have used their names here as well the numbers, because the numbers seem to vary from book to book.

Ex-HN 1 – Si Shen Gong

Location: A group of four points, each located 1cun from Du-20 (anterior, posterior and lateral).

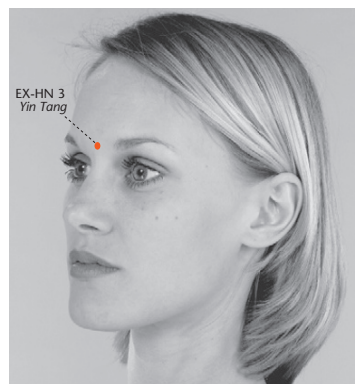
Point explanation: These four points are generally used to increase the working power of Du 20 as a tranquillizing point. All four are used together with Du 20, and all point at an angle to Du 20.



Ex-HN 3 – Yin Tang

Location: On the anterior midline (Du Mai), between the eyebrows.

Point explanation: Also a good calming point, this is used mostly for problems of the nose. In this case, it is needled with pinched skin towards the bridge of the nose, along with points LI 20, for treating common cold, hay fever, frontal sinusitis, nose bleeds and blocked nose.



Ex-HN 5 – Tai Yang

Location: On the temple, in a depression approximately 1 cun lateral to the midpoint of a line connecting the lateral extremity of the eyebrow and the outer canthus of the eye.

Point explanation: This is a good adjacent point for eye diseases and pain. Also used for headache as a Local point.

An Mian

Location: On an imaginary line between points TW 17 and GB 20, An Mian 1 is in the anterior one-fourth and An Mian 2 in the posterior one-fourth.

Point explanation: There are 2 points - An Mian 1 and 2. They are between TW 17 AND Gb 20 at one fourth the distance from each.

Ex-B 1 – Ding Chuan

Location: 0.5cun lateral to the lower border of the spinous process of the seventh cervical vertebra.

Point explanation: ‘Calming asthma point’ used for cough and asthma.

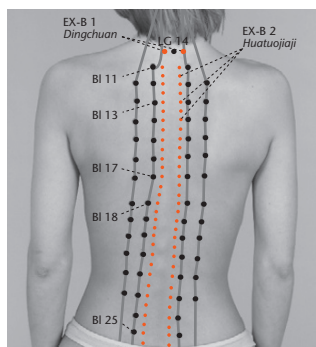
Ex-B 2 – Hua Tuo Jia Ji

Location: 17 point pairs, 0.5cun lateral to the lower borders of the spinous processes, close to the spinal facet joints:

- 12 thoracic point pairs (Xiongjiaji): Between T1 and T12
- Five lumbar point pairs (Yaojiaji): Between L1 and L5. Depending on the school of thought, corresponding points lateral to the cervical spine are described as ‘additional Huatuojiaji’

Point explanation: Points between Du meridian and the back points, these points are used to strengthen the spine when weak, or when used at the level of the back-Shu point and with ‘heat-dispersing technique’ – these can be very effective points to disperse heat from the relevant organ.

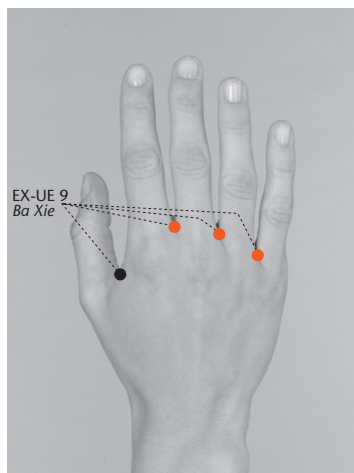
These are used for paravertebral plum-blossom tapping for red skin reaction, when internal organs at the same level need to be stimulated into activity.



Ex-UE 9 – Ba Xie points

Location: Slightly proximal to the margins of the webs between the fingers, on the border of the red and white skin.

Point explanation: These inter-digital points are used to eliminate pathogenic factors, especially wind from this area, and are good in the treatment of eczema or arthritis.



Ex-LE 2 – He Ding

Location: In the centre of the upper border of the patella.

Point explanation: Used as part of the ‘patella triangle’ this is a point for knee pain.

Ex-LE 5 – Xi Yan

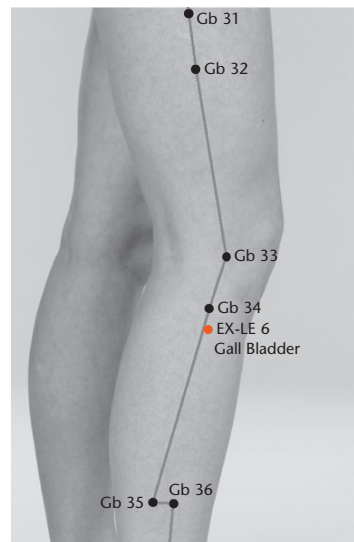
Location: With the knee flexed, this pair of points is located inferior to the patella, medial and lateral to the patellar ligament. Ex-LE 5 (Xiyan) includes two points: The medial eye of the knee corresponds to Ex-LE 4 (Neixiyan), the lateral eye of the knee to St 35 (Dubi).

Point explanation: These are the points which are used together in knee pain with point He Ding. They are excellent local points for osteoarthritis of the knee, and can be used also with hot needles or electrical stimulation.

Ex-LE 6 – Dannang

Location: On the Gall Bladder channel of the right leg, approximately 1–2 cun distal to GB 34. Palpate for the most tender point.

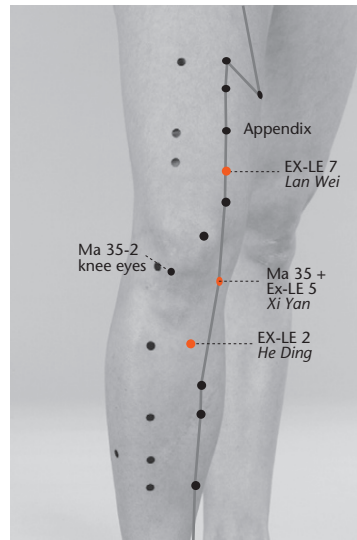
Point explanation: This is a good diagnostic point for Gall Bladder problems, if found to be tender. If the patient complains of upper right abdominal pain, or upper abdominal bloating, this point could be used. It should be needled with even method in most cases, except in acute pain of GB, in which case it should be used with the sedation technique.



Ex-LE 7 – Lan Wei

Location: On the ST channel of the right leg, the most tender point approximately 2 cun distal to St 36.

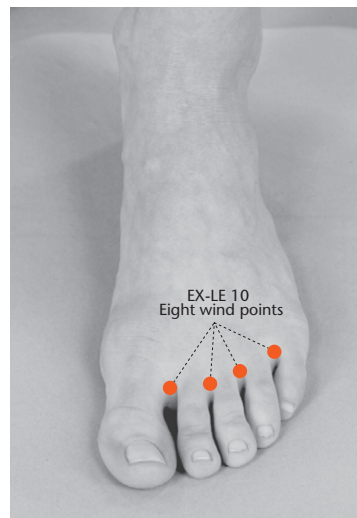
Point explanation: The Appendix point. Again, it is used both diagnostically and therapeutically. In acute pains and diarrhoea, it should be sedated.



Ex-LE 10 – Ba Feng

Location: Eight points located on the dorsum of the foot, slightly proximal to the margins of the interdigital webs.

Point explanation: These are the Wind-elimination points of the feet. Used in arthritis, pruritus and eczema, as points to eliminate pathogenic wind. Because of their proximity to points such as Liv 2, St 44, and GB 43, these are also used as the Wind-elimination points of these meridians.



4.3 THE EXTRA MERIDIANS

The Regular meridians circulate the energy of the organ systems; and the Extra meridians circulate the energy of the general Yin, Yang, Blood and Qi of the body.

These are the Confluent Points of the Eight Extra Meridians

1. The Ren meridian (Conception vessel) Lu 7
2. The Du meridian (Governor vessel) SI 3

3. The Yin Motility meridian (Yin Chiao) K 6
4. The Yang Motility meridian (Yang Chiao) UB 62
5. Vital meridian (Chong Mai) Sp 4
6. Belt meridian (Dai Mai) GB 41
7. Yin Regulating meridian (Yin Wei) P 6
8. Yang Regulating meridian (Yang Wei) TW 5

There are many ways to use the Extra meridians. As the acupuncture experience differs in different areas of China, the uses of the Extra meridians also differ. I use the Extra meridians to balance the energies of the whole body, that is when the Yin or Yang of the entire body has a similar type of imbalance. I find that in this case it would be more efficient to treat the body in its entirety, and not organ by organ.

The Extra Meridians do not have tonification and sedation points, but one point which can be used for both. These are called **Cardinal** or **Confluent points**. These can be tonified or sedated to give the message to the meridian. Say for example, that a patient presents with Yang dominant states in three different elements: hot flushes with tachycardia, gastric acidity and red and inflamed lesions on the skin. We could sedate the Yang of these organs one by one, but then this Yang would circulate round and round in the energy flow. Or we could sedate the Du meridian; this would sedate the general Yang of the body. Having Yang excess in three elements does mean more than 50% of the body is in a similar state – and sedation of Du meridian would sedate all the Yang of the body (which could mean that it sedates the Yang of the organs that do not have Yang excess as well), but when sedating the whole, the areas that have more Yang than others are dispersed more.

But, if the organs suffered Yang dominant symptoms over a longer period of time, this would be a deficient situation – a deficiency of the general Yin in the body. This again, would be treated more effectively with tonification of the Ren meridian, as it is the most Yin meridian of all. Tonifying three different elements individually would need many points and we will be drawing on organs with Yin deficiency to fill other organs with the same problem. Which brings us to another question: when we tonify Ren meridian, where does the energy come from? When sedating Du meridian, where does energy go to?

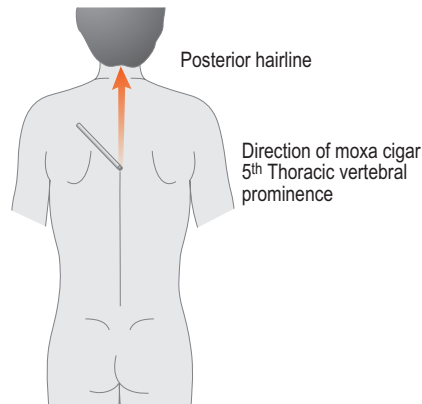
I do not recollect having heard or read the answer to these questions anywhere. I think that these are meridians that have their own energy, but also have a close relationship with the Kidney and Urinary Bladder meridians, as these run very close to the Ren and Du meridians on the front and back of the body. If the Kidney and Urinary Bladder were weak, this should cause the Ren and Du meridians to share some of their energy, and therefore, should be weakened somewhat too.

I will now discuss the extra meridians one by one, to explain how I use them in energy balancing.

4.3.1 The Du Meridian – Confluent point SI 3

This is the most Yang meridian of the body, the back midline meridian. It is often used for any problems along the centre of the back – such as back or neck pain, coccyx inflammation, scoliosis and kyphosis.

The posture of the back is determined by the Yang in the Du meridian. If the Yang was deficient, then the back would hunch forward, as in osteoporosis patients, in depression and those with Parkinson's disease. This would cause pain in the back and problems of the internal organs in this region, as they are squashed into a smaller space. Asthma, fullness of Stomach and reflux of food and acid, palpitation and angina pectoris are some of the possible symptoms. In this case, one could consider moxibustion on the Du meridian, in order to strengthen the back and improve the posture.



4.3.2 Du meridian moxa

A moxa cigar is lit and held at 1–2 cm distance from the skin, moving from the fifth thoracic vertebral prominence towards the posterior hairline. This is repeated several times, until there is a red skin reaction. This is an effective treatment for both the pain and the interior organ symptoms, and can be considered in osteoporosis patients for prevention of kyphosis. It would be also good for treating patients with back pain when bending forward, and the area of Du moxa could be moved according to the area of pain in the back.

When there is back pain on extending the back, this is a Yang dominant pain on the Du meridian. This could be treated with sedation of Du meridian in acute and sub-acute states with vibration of point **SI 3**, the Confluent point of the meridian, and in sub-acute or chronic states, the Yin aspect of the Du meridian needs to be tonified as well. This could be achieved by placing some needles on the Ren meridian, just opposite the area where the back pain is. The Ren meridian is the coupled Yin meridian of the Du meridian, and treating the anterior aspect of the Du meridian would help tonify its Yin.

The second use of the Du meridian is to influence the general Yang of the body. It is used in Yang deficiency in three elements or more at the same time. To tonify the Du meridian would be a simpler way to improve the general Yang of the body, with fewer points but greater effect.

In order to tonify the Du meridian, it is necessary to use the Confluent point of the meridian – **SI 3** – and some points on the Du channel itself. This is because point **SI 3** is also the Tonification point of the Small Intestine meridian, and we need to give a clear message to the body that this time it is the Du meridian we wish to tonify. The three points chosen on the Du meridian should ideally be on the upper, middle and lower back – for example, Du 4, Du 11 and Du 14. This treatment method may be simple, but the effect is very strong. Care should be taken that these treatments are not repeated too often like other points. After using the initial points three or four times, it may be better to stop tonifying Du meridian and go on to tonify the weakest Yang meridian.

Sedation of Du meridian can be used to sedate Yang excess in three or more elements. This is done by sedating point **SI 3** only, without the use of other points on the meridian. This is a very quick and efficient method to sedate extreme Yang states such as mania, hyperactivity, heat or urticaria.

Du 1

Location: On the midline, midway between the tip of the coccyx and the anus.

Point explanation: The Luo-connecting meridian that connects to Ren meridian and increases the Yang of the Du meridian.

Du 4

Location: On the posterior midline, below the spinous process of the second lumbar vertebra (L2).

Point explanation: The Gate Way to Life point of Du meridian, this point is situated between the back-Shu points of Kidney, and treats infertility and erectile problems, especially in men. Used together with UB 23.

Du 6

Location: On the midline, below the spinous process of the eleventh thoracic vertebra.

Point explanation: This is a good point against tension in the back and muscles, and is used in opisthotonos and epileptic fits.

Du 11

Location: On the midline, below the spinous process of the fifth thoracic vertebra.

Point explanation: Situated between the back-Shu points of Heart, this is an excellent point to treat concentration problems. Generally used along with UB 15.

Du 14

Location: On the midline, below the spinous process of the seventh cervical vertebra.

Point explanation: The meeting point of all Yang meridians – this is an immune-enhancing point.

Du 20

Location: At the junction of a line connecting the apices of the ears and the midline, 5cun from the anterior or 7cun from the posterior hairline, respectively.

Point explanation: The point where a ‘hundred are at conference’. This point is an excellent tranquillizing point, and is suitable for patients with sleep problems, obsessive nature and for those ‘who are too much in the head’. When given against the direction of the Du meridian flow, it will give a sense of tranquillity and detachment. Care should be taken not to use this point on patients who need to drive long distances after the treatment, as they could be disorientated.

This point can also be used in the direction of the Du meridian flow, with the intention of tonifying the Yang of the mind. This would be a good treatment to improve concentration and mental capacity.

4.3.3 The Ren meridian (also called the Conception meridian) – Confluent point Lu 7

The front midline and the most Yin meridian of the body, the Ren meridian circulates Yin energy for all the body. It can be used to tonify or sedate the general Yin, when there is Yin deficiency or excess in three elements or more.

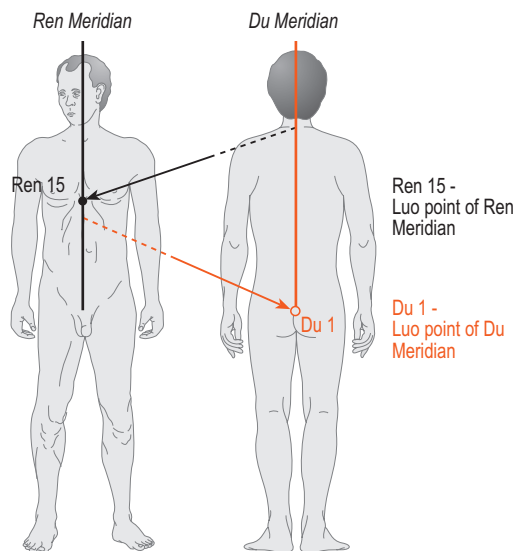
Simultaneous Yin deficiency in Kidney, Liver and Heart is very common, but it would be too much to tonify these organs individually. An efficient way to achieve this is by tonifying the Ren channel. Of course, the patient would have to drink more water and eat some salty food to help hold more water in the body, and avoid heat-producing food.

When tonifying the Ren meridian, the Confluent point Lu 7 (needled with the flow of the Lung meridian), and three points on the meridian should be used – so that a clear message is given to the body that it is the Ren meridian and not the Lung meridian that we need to tonify. Ideally, points on the upper, middle and lower warmer must be used – such as Ren 3, 12 and 17.

In the West, many middle-aged women seem to suffer from general dryness and ascending heat symptoms. To tonify Ren meridian would be very good for their energy state. But many of these women have a scar blocking their Ren meridian from either a caesarean section or hysterectomy. In men, this happens to be a Heart by-pass scar! If the Ren meridian is interrupted, the Yin cannot rise to the upper part of the body; if the Kidney meridian (which flows at close proximity to the Ren) is also blocked, this means no Yin energy comes to the upper body to control the heat. When treating these patients, it is important to unblock both the Ren and Kidney meridians (unblocking is explained on p. 59).

It is very rare that you will find a Yin excess in three elements. But in case you wish to sedate the Ren meridian, it would be sufficient to sedate point Lu 7 by needling it against the direction of the meridian.

The Ren and Du meridians are coupled with each other to balance the general Yin and Yang energies of the body. They have Luo-collaterals that flow between them and connect them. They have Luo-connecting points that receive energy from each other and convert it to their own energy. They do not have Yuan-source points.



When would I use the inter-relationship between Ren and Du meridians? Well, if there was a major imbalance in the Yin and Yang energies of the body, I would use the Luo-connecting points. For instance, if there was Yin deficiency in three elements **and Yang excess in three elements**, this would be a good indication for using point Ren 15, the Luo-connecting point of Ren, to send the excess Yang into – and convert it to – the deficient Yin. Point Du 1 can be used if there was Yin excess in three elements and Yang deficiency in three.

Ren 3

Location: On the anterior midline, 1 cun superior to the upper border of the pubic symphysis or 4 cun inferior to the umbilicus.

Point explanation: The Mu-front point of Urinary Bladder, it can cool and calm the organ, especially useful in irritable bladder or prostatitis symptoms. It is also a local point for the bladder, uterus and prostate gland. Moxa on this point is used in infertility and erectile dysfunction.

Ren 4

Location: On the anterior midline, 2 cun superior to the upper border of the pubic symphysis or 3 cun inferior to the umbilicus.

Point explanation: The Mu-front point of Small Intestine – and an excellent point in Small Intestine colic and diarrhoea. It can also be warmed with moxa against malabsorption diarrhoea.

Ren 5

Location: On the anterior midline, 2 cun inferior to the umbilicus or 3 cun superior to the upper border of the pubic symphysis.

Point explanation: The Mu-front point of Triple Warmer. This point, along with point Ren 9 are applied with needle and cupping against ascites and lymph oedema.

Ren 6

Location: On the anterior midline, 1.5 cun inferior to the umbilicus or 3.5 cun superior to the upper border of the pubic symphysis.

Point explanation: Point Sea of Energy (Qi Hai), used to improve energy levels, especially when patients are fatigued and low in energy.

Ren 8

Location: In the centre of the umbilicus.

Point explanation: The navel. This point is forbidden to needle, but can be used with moxa in the case of malabsorption diarrhoea or flaccid paralysis of lower limbs. The navel is filled with sea salt, a thin slice of ginger is placed on it and loose moxa on the ginger. The moxa is lit in several points and left to burn slowly. remove the ginger slice when the heat is uncomfortable for the patient.

Ren 12

Location: On the anterior midline, 4cun superior to the umbilicus or 4cun inferior to the sternocostal angle.

Point explanation: The Mu-front point of Stomach and the Influential point of Hollow organs. Ren 10, Ren 12 and Ren 13 – the Shang Wan, Zhong Wan and Xia Wan have symbolical names (upper bowl, middle bowl and lower bowl). They symbolize the Stomach as having many lobes, so there is one upper bowl and middle and so on. These three points are actually used to nourish the three warmers as well as tonify the Yin of the pylorus, stomach and the duodenum – thus the upper, middle and lower parts of the stomach itself.

Ren 14

Location: On the anterior midline, 2cun inferior to the sternocostal angle or 6cun superior to the umbilicus.

Point explanation: The Mu-front point of Heart, and a very good point to tonify Heart Yin, improving its Blood nourishing, memory holding capacity. Also used against anxiety, panic attacks and tachycardia very successfully. Needled at an angle towards the xiphoid.

Ren 15

Location: On the anterior midline, 1cun inferior to the sternocostal angle or 7cun superior to the umbilicus.

Point explanation: The Luo-connecting point of the meridian, connects to the Du meridian and increases the Yin of Ren meridian.

Ren 17

Location: On the anterior midline, on the level of the fourth intercostal space.

Point explanation: The Mu-front of Pericardium and the Influential point of Respiratory organs. This is a dangerous point and should be given subcutaneously with the needle inserted for a distance of 1–2cm. The direction of insertion should be decided beforehand, as with the direction of Ren meridian it would tonify the Yin, and against the direction it would sedate the Yin in the respiratory system.

Ren 22

Location: 0.5cun superior to the sternum, in the centre of the suprasternal fossa.

Point explanation: A symptomatic point for cough and asthma, it is quite sufficient to needle this point only 2–3mm. deep. Massaging this point is also very useful when the patient has a fit of coughing.

Ren 23

Location: On the anterior midline, superior to the upper border of the hyoid bone.

Point explanation: This is a local point for the larynx and the tongue and often used in hoarse voice and stammering patients. The needling should be perpendicular, with the needle pointing towards point Du 20. It is best if the patient sits for this needle and keeps the head straight, without tilting. Once the needle is in (1–1½cm), please check to see if the needle moves when the patient swallows. If it does, the needle should be pulled to a position where this does not happen anymore.

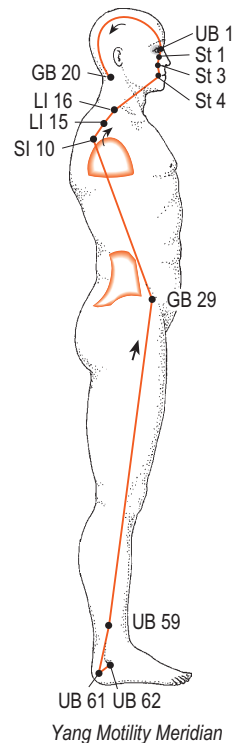
Ren 24

Location: On the anterior midline, below the lower lip, in the mentolabial groove.

Point explanation: The last point of the meridian. This is used to bring Yin from the Ren meridian to the face – if a patient seems to hold more Yin in the lower body but the upper body is dry or hot.

4.3.4 Yang Motility meridian (Yang Chiao Mai)

The Ren and Du meridians are the only Extra meridians that have their own points. All the other Extra meridians flow through Regular meridians, cutting through them and sharing common points with these meridians. The Yang Motility meridian flows mainly on the lateral side of the body, and cuts through many Yang meridians. **Its function is to keep the general Yang energies of the body moving, into the general Yin energies of the body.**

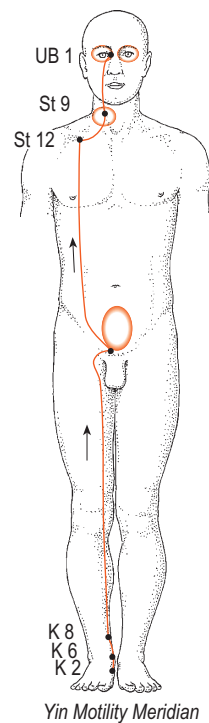


Box 4.6

- Common points: UB 61, UB 62, UB 59
- GB 29, SI 10, LI 15, LI 16
- St 4, 3 and 1, UB 1 and GB 20
- Confluent point: UB 62

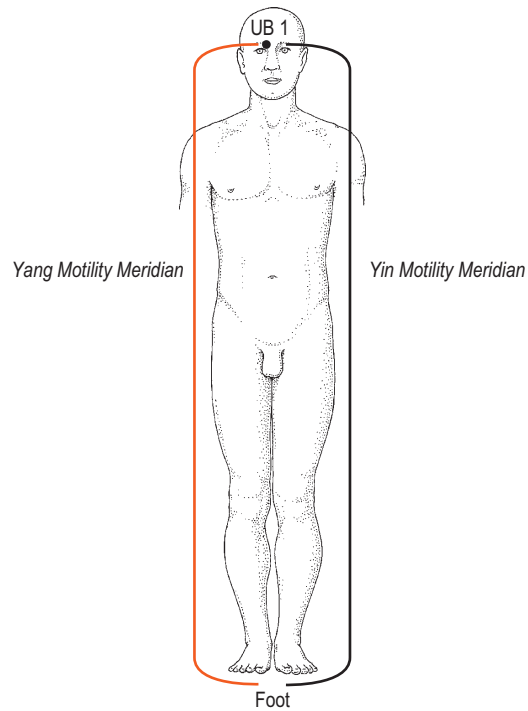
4.3.5 Yin Motility meridian (Yin Chiao)

This meridian flows on the medial side of the leg onto the ventral side of body and meets the Yang Motility meridian at the feet and at point UB 1 in the face. It cuts across and has common points with Yin meridians. **Its function is to keep the general Yin energies of the body in motion, and moving towards the general Yang energies of the body.**

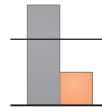


Box 4.7

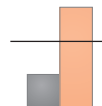
- Common points : K 6, K 8, UB 1
- Confluent point: K 6



Strictly speaking, the Yang Motility meridian should be used when more than 50% of the body is Yang excess and Yin deficient, as this shows that the Yang motility is not moving; if it moves, then it would not be excess and the Yin motility could not be deficient.



Similarly, the Yin Motility meridian should be used when more than 50% of the body is Yin excess and Yang deficient, as this too, shows that the Yin Motility is not moving into the Yang Motility.



But in practice, this is not observed so strictly. The Yang Motility meridian is used in any case where the patient is hot, restless, has many Yang dominant pains or skin problems, spastic paralysis or burning sensation. In these cases, the Confluent point UB 62 is used. If any particular organ suffers from Yang dominant symptoms and it shares a common point with the Yang Motility meridian, this common point could be used as well. For instance, point St 3 or 4 could be added to UB 62 in case of gastritis with acid reflux.

The Yin Motility is used in general tiredness, dullness, coldness or weakness, flaccid paralysis and numbness. In these cases, point K 6 is used.

Box 4.8

This is the reason why point UB 62 is a Tranquillizing point and point K 6 is referred to as the 'wake up' point. UB 62 moves the Yang into the Yin, thus increasing the Yin and reducing the Yang; point K 6 moves the Yin into the Yang, thus reducing the Yin and increasing the Yang.

Another very important use of the Yin and Yang Motility meridians is that they are used to balance the left and right sides of the body.

Often we see patients complaining of one-sided problems such as pain on all of one side or weakness on one side. If the problems on one side was of a Yang nature, then point UB 62, the Confluent point of Yang motility could be used on the affected side, to move the Yang energies from the excess side to the deficient side. In hemiplegia of a spastic nature, point UB 62 can be used on the side of the paralysis.

If the one-sided symptoms are of a Yin nature – then point K 6 of the Yin Motility meridian may be used, again on the Yin side only.

EXAMPLE: MALE, 33 YEARS

Patient presented with chronic recurrent headaches in the forehead and over the sinuses. The head felt heavy and the headaches worsened after sleep. They were worse in the mornings on waking, and improved in the evenings. He was always sleepy, and would fall asleep anytime at any place. His sleep was very deep and he did not feel awake and lively in the day.

This was clearly a Yin dominant headache with Yang deficiency due to the chronic history. It might have been related to the sinuses and became worse when the patient was lying down and improved when the patient was upright as the mucus could drain away.

Treatment

- Local points UB 2, GB 14 and LI 20 were used along with LI 4.
- GB 20 for headache and St 40 for the damp nature of the headache.
- Point K 6 was used as a general excitation point against the sleepiness and dullness.

The headache cleared within three sessions of treatment. The patient felt awake and lively.

EXAMPLE: MALE, 56 YEARS

This patient suffered from daily headaches. They were at both temples and came on when hungry, thirsty or stressed. He was quite a tensed, restless man with a quick temper. He had very dry skin, red flushed cheeks and was on medication for his high blood pressure. He had burning pain in Stomach when hungry and excessive thirst. His stools were hard and dry and his urine, dark and concentrated. His sleep was full of disturbing dreams.

On examination, his tongue was quite red without coating, and there was a deep and uneven crack at the centre line of the entire tongue. As he was taking beta-blockers, his pulses could not be used to ascertain his actual energy status. He was generally Yin deficient and had Yang excess (hyperactivity of Yang), and did best on:

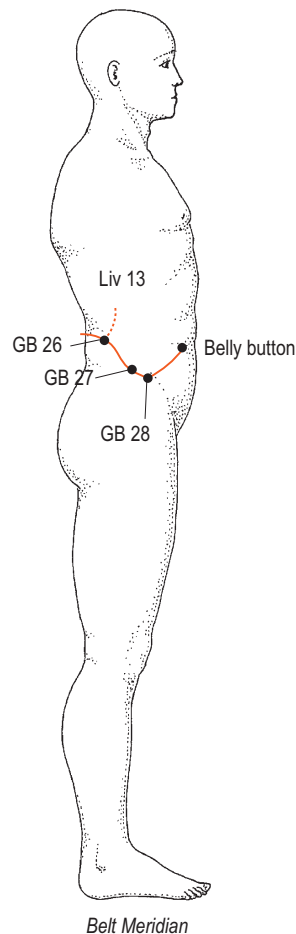
1. Ren 15 – Luo-connecting point of Ren meridian (this tonifies Yin and sedates the Yang).
2. UB 62 – the Confluent point of Yang Motility meridian, which sedates Yang and tonifies the Yin.

Besides this, he was advised to take more Yin foods. His sleep problem was treated. Local and symptomatic points were used to treat the headache. He felt the change in his energy state immediately after the first session. He mentioned he was cooler and more relaxed. He drank more water, and rested in the afternoons.

As seen in the above example, when there is a hyperactive Yang state in the body, both Ren meridian tonification and Yang motility can be used. When there is a stagnation or retention of Yin in the body, both Du meridian tonification and Yin motility meridian can be used.

4.3.6 Belt meridian

This is the only meridian of the body that flows across the body, with a belt-like flow across the hips.



Box 4.9

- Common points of Belt meridian: GB 26, 27, and 28
- Confluent point: GB 41

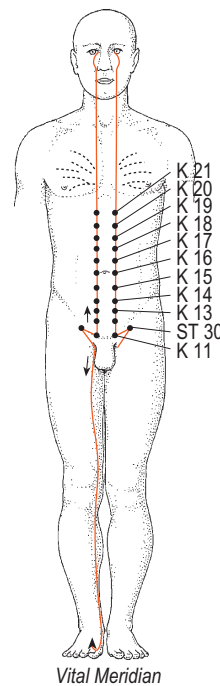
To use the Belt meridian, all the above points should be used simultaneously, even in the case of symptoms appearing in half the body. I use the Belt meridian for three important functions:

1. **For 'belt-like' symptoms** – Patients often complain of backache that extends to the front of the body, like a belt; or asthma with a tight sensation across the thorax; or a band-like headache – these symptoms will disappear with the use of the Belt meridian. It is also good to use in 'half belt-like' symptoms, such as herpes zoster or intercostals neuralgia, which affects only one side.
2. **For a sluggishly functioning Gall Bladder** – when the Gall Bladder is not emptying well and stagnates bile, causing pain, distension and greenish-yellow stools after consumption of fatty foods – the points of the Belt meridian help to speed up and make better the function of the Gall Bladder.
3. **'When Yin and Yang are going their own way'** – As mentioned above, the Belt meridian is the only meridian that flows across the body, horizontally. All other meridians flow vertically, from top to bottom. Because of this, the meridian is in a position to cut across – and therefore link up the energies from – eight meridians of the body. These Yin and Yang meridians can communicate better through the Belt meridian.

Sometimes patients feel cold but show a red tongue with rapid pulses; and at other times there could be a hot and red-faced patient with slow and weak pulses and pale tongue. Or it is possible to feel cold in the interior but be hot on the skin or vice versa. When the symptoms and the findings on examination of the patient contradict with each other, it shows that the energy in the interior and exterior are not communicating; in other words, Yin and Yang seem to be going their own way and not relating with each other. In such times, we are in a quandary as to which information we should rely on, in order to make a correct diagnosis of the patient's energy state. The Belt meridian can be used two to three times before we make a diagnosis. It will help the energies to mix better with each other, and therefore make our treatment suitable for both the exterior and interior.

I have read that the Belt meridian can be used to balance the body energies in the upper and lower part of the body, but I have no experience of this to share with you.

4.3.7 The Vital meridian



Box 4.10

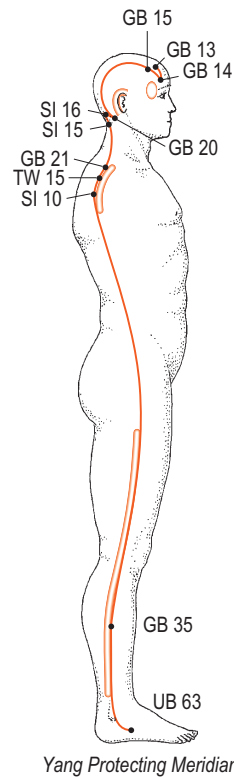
- Common points: K 11–21
- Confluent point: Sp 4

The Vital Meridian stores and circulates the Vital Energy of the body, and therefore shares the points of the Kidney meridian. Because it flows mainly along the Kidney meridian, it is also associated with the reproductive function of the Kidneys. The Vital meridian circulates our vital and reproductive energies. It is used when the patient is lacking in Vital energy, feels always tired and low; or in depletion or weak reproductive energy, in amenorrhoea or infertility.

To use the Vital meridian, Sp 4, the Confluent point and two or three common points of the meridian should be used, such as K 11, 16 and 21.

I have found the Vital meridian to be useful only in the cases where the patients with low energy have also good care – small, easy-to-digest meals, sleep and some help with their house work. If this tender loving care (TLC) was lacking, and they are trying to juggle a busy work schedule and looking after a house, it might be too much for them. In such situations, the treatment is not particularly effective.

4.3.8 Yang Protecting (Preserving) meridian

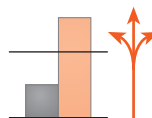


Box 4.11

- Common points: UB 63, GB 35, SI 10, TW 15, GB 13–21, Du 15, 16
- Confluent point: TW 5

This meridian also flows on the lateral side of body, like the Yang Motility meridian. **Its primary function is to preserve the Yang energy of the body, and not allow this to be lost.**

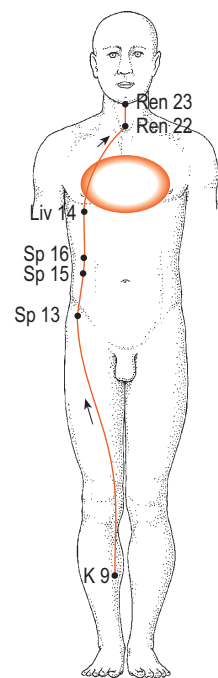
There are times that Yang energy of the body can be lost – it is called ‘bursting and leaking of Yang’. This is possible when the Yin is low and the Yang rises up and outwards, causing the leakage.



Examples are: Excessive bleeding in menstruation, vomiting Blood in Liver cirrhosis or gastric ulcer, epistaxis, redness and hypersensitivity of skin with dryness and Yin deficiency in the interior.

These are examples of the rising and leaking of uncontrolled Yang, as the Yin of the body cannot increase to control the Yang. The treatment would be to tonify the Yin. It is also important to preserve this Yang from being lost as there would soon be a Yang deficiency. In order to stop the leaking of Yang, point TW 5, the Confluent point should be used. Any of the common points can be used if the leakage occurs from one of the meridians with common points.

4.3.9 Yin Protecting (Preserving) meridian



Yin Protecting Meridian

Box 4.12

- Common points: K 9, Sp 13, 15, 16, Liv 14, Ren 22, 23
- Confluent point: P 6



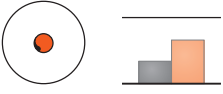
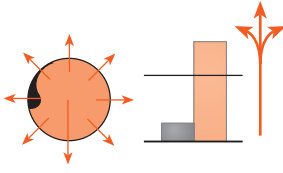
This extra meridian protects the Yin energy of the body from leaking. The Confluent point and Common points can be used. In the case of Yin and Yang deficiency of an organ, or when an organ has a functional (Qi) deficiency, it is possible that fluids leak from this organ, thus further reducing the nutritional Blood and Yin of this organ.

Examples: there may be –

- Oedema in malnutrition
- Slow bleeding (spotting) in Spleen Qi deficiency
- Dryness, excessive thirst and excessive urination in diabetes
- Cold sweating in Lung Qi deficiency
- Chronic runny nose (alternating with dryness) in Lung Yin and Yang deficiency
- Excessive salivation alternating with dry mouth in Spleen Yin and Yang Deficiency

In all these cases, there would be loss of fluid, and not because there is an excess of it. It is then necessary to tonify the Qi, or the Yin and Yang, and use the Yin Protecting Meridian point P6 to hold in the fluid.

4.3.10 Summary (excluding the Belt meridian)

Table 4.2	
<div></div> <ul style="list-style-type: none">■ Yang excess in three elements – sedate SI 3 (Du)■ Yang Motility Meridian – UB 62■ If Yin is low in three elements – Ren 15 (Luo of Ren meridian)	<div></div> <ul style="list-style-type: none">■ Yin excess in three elements – sedate Lu 7 (Ren)■ Yin Motility – K 6■ If Yang is low in three elements – Du 1 (Luo of Du meridian)
<div></div> <ul style="list-style-type: none">■ Vital Meridian – Sp 4 + K 11, 16, 21■ Tonify Yin and Yang of weak organ■ If Yin leaks – P 6 (Yin protecting Meridian)	<div></div> <ul style="list-style-type: none">■ Ren 15 – Luo point Ren meridian■ UB 62 – Yang Motility meridian■ If Yang bursts and leaks – TW 5 Yang Protecting Meridian

CHAPTER 5

Rules for Selecting Points

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5.1 INTRODUCTION

- There are many ways to choose points for treatment.
- One could give needles in the points where pain or other symptoms manifest – these are called **Local points**.
 - One could consider the meridian that passes through the affected area, and treat that meridian on points that are away from the affected area – these are called **Meridian Distal points**.
 - One could consider the area where the symptom manifests – head, thorax, abdomen – and use points that are empirically known to influence these areas – these are called **General Distal Points**.
 - The symptoms affecting the patient – such as headaches, sleeplessness, diarrhoea, constipation, cough and asthma, pruritus – could be treated with empirical points called **Symptomatic points**.
 - The tissue that is affected – muscle and tendon, bone, Yin organs (perhaps in many areas of the body) – can be treated with special **Influential points** for these tissues.
 - Or, better still, you could combine all these points to give a ‘cook-book’ **recipe treatment**.
 - Some acupuncturists treat very few points in a session, to bring about a change in the energy imbalance the patient is suffering from. These are called **Energy-balancing points**.

A good acupuncture treatment is a mixture of ‘cook-book’ points and ‘energy-balancing’ points. Most schools of acupuncture seem to concentrate on either one or the other. There is nothing wrong with ‘cook-book’ or symptomatic treatment, except that the results seem to be short-lived. The patient seems to improve during the treatment period, but the symptoms return in a few weeks or months.

The ‘energy-balancing’ treatments, however, are highly successful. But these must be given correctly, and for this reason, one should be able to make an exact diagnosis of the energy situation. These treatments also require deeper knowledge of Traditional Chinese Medicine and greater clinical experience. Both these take time and are more difficult to achieve, and one cannot ask patients to wait until such a time as one is highly experienced. The compromise is to combine the best of ‘both worlds’ and both help the patient and learn as you go along. The simple rules of point combination are:

- 1. Local points
- 2. Distal points
- 3. Symptomatic points
- 4. Influential points
- 5. Energy-balancing points

8–12 needles in a session.
Needles retained for 20 minutes

These points are combined together in a session and the patient gets about 8–12 needles in all. There is no need to follow rules to the letter. You do not have to use points of each category in one treatment. Use them as you feel necessary.

5.2 POINT CATEGORIES

5.2.1 Local and Adjacent points

Patients come to us with one or many problems for treatment. Most of their symptoms manifest in a particular area. So, it makes sense to ‘listen to the body’ and treat the area of the body that manifests the problem. The points where the problem

manifests are called the Local points. These need not be Acupuncture points. But if there is an Acupuncture point in the affected area, this could be used.

Sometimes, the affected area cannot be needled, for example, the eyes or a cyst, an inflamed or open wound or a haematoma. Sometimes the affected area could be quite extensive. In this case, we could use two to three Local and Adjacent points in one treatment, and even more needles if the affected area is large. If there are many Local points (e.g. multiple joint pains) or if the affected area is extensive (e.g. neuro-dermatitis) then Local points are *not* used. The affected organ system is treated energetically (e.g. joints – Kidney and Liver; Skin – Lung). **Remember: small disease area – Local points; large affected area – only General points.**

Some Local acupuncture points could be very strong Energy-balancing points, and they may be *unsuitable* in certain circumstances of energy imbalance.

CLINICAL EXAMPLE 1

An obese woman had osteo-arthritis of knee. The stiffness and pain was in the Spleen and Liver channels and worsened when she started to move after a rest and improved gradually over two to three hours of movement. This showed there was some fluid (dampness) in the affected area which required a longer time of movement to circulate, before the stiffness disappeared.

Some of Local points in the affected area are K 10 and Liv 8⁺. These tonify the Yin in both channels. When these points are used as Local points, they will *still* function as Tonification points, thus making the pain worse. Therefore, these points must be avoided as Local points, and random points should be selected instead. However, point Sp 9 is also in the vicinity of the pain area, and this is generally used against fluid retention, and would double very well as a Local and Symptomatic point.

CLINICAL EXAMPLE 2

In acute tennis elbow there is pain during movement, lifting weight, during pronation and supination. The site of pain is very near point LI 11 (Tonification point). This is a Yang dominant pain, and an acute situation. Therefore it is manifestation of Yang excess of the meridian.

If point LI 11 is needled as a Local point it would tonify the meridian, and the pain could worsen. This point could be avoided during treatment and other random points chosen.

CLINICAL EXAMPLE 3

A patient who is well into her twenty-fifth week of pregnancy, comes to you with back-ache. Her pain is in the lower back, and you treat her with several back-Shu points that are local to this area.

This is very common practice. However, many points along a single Meridian could increase the energy in the meridian, in this case the Yang of the Urinary Bladder meridian. The Urinary Bladder meridian is directly linked to the uterus and to its contractions. It is possible that your treatment for backache could start off early contractions. Therefore it is better to avoid the Urinary Bladder meridian points, and to use random points as Local points for backache.

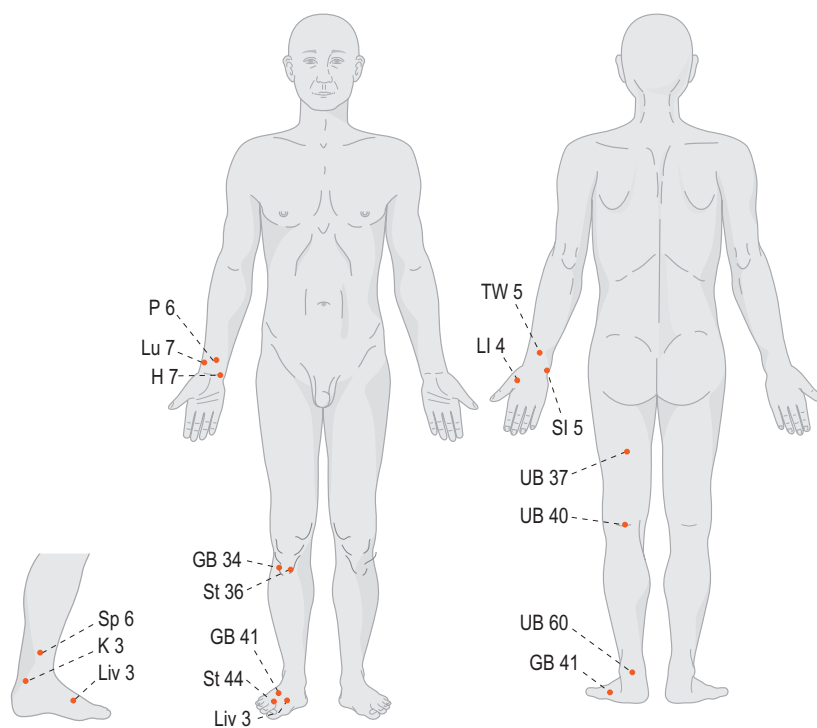
5.2.2 Area Distal points

These are points that treat an entire area. They have been found to be effective in influencing and harmonizing any disease or symptom, either external or internal, in the six areas shown in Table 5.1. They are not used specially for tonifying or sedating. It should also be noted that these points do not cover the area of arms and legs, but only the head and the trunk. If you need to influence the arms, legs or the internal organs, you should use the Meridian Distal points.

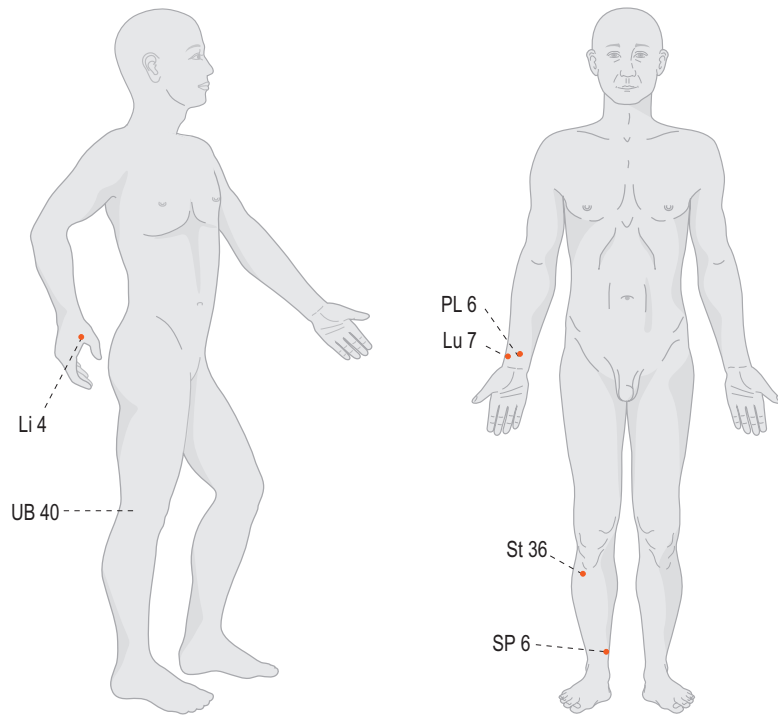
Table 5.1

Point	Region of influence
LI 4*	Head and face (all headaches, facial pain, diseases of sensory organs)
Lu 7	Neck and occiput (occipital headache, neck pain, thyroid , 'frog in throat')
P 6	Thorax and upper abdomen (cough, asthma, chest pain, tachycardia, nausea, vomiting)
St 36	Abdomen (distension, diarrhoea, pain)
Sp 6	Lower abdomen (all problems of the urinary system, reproductive system)
UB 40	Back

**LI 4 is also called the great eliminator. It is very useful in the treatment of constipation, problems related to sweating, passing urine, eliminating bile and showing emotions. But LI 4 is contraindicated in pregnancy. It is however, very useful in childbirth. It is best avoided when there is excessive elimination such as in diarrhoea, excessive sweating, etc.*



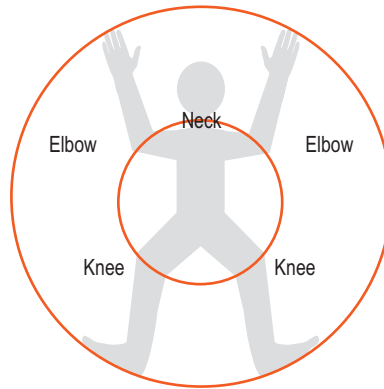
Meridian Distal Points



General Distal Points

Table 5.2 Meridian Distal point

Organ system	Distal Point
Lung	Lu 7
Large Intestine	LI 4
Stomach	St 36/St 44
Spleen	Sp 6
Heart	H 7
Small Intestine	SI 5
Urinary Bladder	UB37/40/60
Kidney	K 3
Pericardium	P 6
Triple Warmer	TW 5
Gall Bladder	GB 34/41
Liver	Liv 3



The diagram above shows a man standing with two circles passing through him – one, the inner circle, covers the body, upper leg and arm; then there is an outer circle, going through the head, hands and feet. This diagram will help you decide how to choose the Meridian Distal points on the three Yang meridians of the leg. These are long meridians that run from head to foot, and we need more than one Distal point to treat symptoms on these meridians.

When the symptoms are within the inner circle area, the Distal point should be at the knee, or at the inner circle; if the problem was in the head or neck area, the Distal point should be on the foot, in the outer circle. Meridian Distal points are used for any problems along a channel, or problems related to that organ system.

Example: Zoster neuralgia on the side of thorax can be treated as a problem of Gall Bladder channel with GB 34, and as a skin problem with Lu 7 as the Lung is related to skin.

Where there is more than one Distal point per meridian (mainly in the three Yang meridians of the leg), points at the knee are taken for problems of the torso, thigh and internal organ, and the points on the feet are used for problems in the head and face. For example, point St 44 is used in treatment of lips, mouth and lower jaw because the face and feet are both in the 'outer circle', where as point St 36 is used for problems concerning the organ Stomach, for diseases of the breast, the abdomen and along the front of the thighs, as problems along the Stomach meridian in these areas.

On the Gall Bladder meridian, point GB 44 is used for temporal headache and pain on the side of neck, and point GB 34 for Gall Bladder pain, and pain in the hips and sides of the thighs.

The Urinary Bladder meridian is the longest meridian in the body. Therefore, it has three Distal points. Point UB 40 is used for problems of the organ. For pain along the meridian, point UB 37 (the closest Distal point) is used for lumbosacral pain, and point UB 40 for thoracic backache and point UB 60 for cervical pain.

5.2.3 Symptomatic points

These are some valuable prescriptive points that have been handed down through the experience in acupuncture over thousands of years. Some of them are Local points, and some are Energy-balancing points that have been proved to work in

certain symptoms, so that it is now not necessary to analyse them each time, but simply to use them to treat these symptoms. These points may vary from school to school, depending on experience, but it is important that they are effective. Just add one or two per treatment, as necessary.

The points are given in Table 5.3

Table 5.3	
Tranquillizing points	Du 20, Extra 6, P 6, H7, UB 62, Good Night 1 and 2 (Extra 8 and 9)
Anxiety, tachycardia	P 6, Ren 14
Cough, asthma	P 6, Ren 22, Ex 17 (calming asthma)
Nausea, vomiting	P 6, Ren 12, St 36
Abdominal distension	St 25, St 36
Diarrhoea	St 25, St 37
Constipation	St 25, LI 4, TW 6
Oedema, excessive mucus	St 40, Sp 9
Allergy, pruritus	Sp 10, UB 17
Dysmenorrhoea	Sp 6, Sp 8
Excessive sweating	Lu 7, K 7
Headache	GB 20, GB 21
Tinnitus, dizziness	GB 20, GB 8
Immune-enhancing points	LI 11, Du 14, Sp 6
Revival points	Du 26, K 1
General excitation point	K 6
High blood pressure	LI 10, Liv 3
Nervousness, tension	Liv 3, Lu 1
Anti-snoring point	Ren 24
To improve energy	Ren 6, Lu 9, K 3, UB 24, St 36

5.3 EIGHT INFLUENTIAL (MASTER) POINTS

Table 5.4	
Ren 12	Yang (hollow) organs
Liv 13	Yin (solid) organs
Ren 17	Respiratory organs
GB 34	Muscles and tendons
Lu 9	Blood vessels
GB 39	Marrow
UB 11	Bone
UB 17	Blood

- These points treat groups of organs with similar functions and are very useful additions to the treatment.
- For instance, it is customary to treat all arthritis patients with points UB 11 and GB 34, to support the joints.
- Older patients with arthritic problems are also given GB 39 for possible osteoporosis. GB 39 is given for problems of both brain and bone marrow. It can be used for the treatment of anaemia along with UB 17, the Influential point for Blood. GB 39 is the point of choice in the therapy of neuralgia, paralysis, neuritis and nerve atrophy.
- Ren 17 is used for problems of the respiratory system and also the skin. The skin is our third lung. All skin diseases, diseases of nose and throat, asthma and acute and chronic Lung infections are treated on this point.
- Ren 12 and Liv 13 are for problems of Yang or Yin organs and should not be confused with Yin or Yang diseases. For instance, chronic diarrhoea with abdominal pain can be treated with Ren 12; problems with the Heart, Liver or Kidneys are treated with Liv 13, regardless of whether these symptoms are Yin or Yang dominant in nature.
- Lu 9 is very useful in atherosclerosis, Reynaud's disease, varicose veins, etc.

5.3.1 'Cook-book' combinations of points

One can make easy point combinations using the above-mentioned simple rules. Some examples are as follows.

Case 1: Headache on side of head, with vomiting

Points

Table 5.5	
Local points	GB 8, Ex 2, one Local point
Area Distal point	LI 4
Meridian Distal point	GB 41
Symptomatic points	GB 20 (for headache); P 6 (for vomiting)
Influential points	GB 34 (for tension headache) GB 39 (for neuralgia-type headache)

Case 2: Pain in Stomach with nausea and distension

Points

Table 5.6	
Local points	Ren 12, St 21
Area Distal point	P 6
Meridian Distal point	St 36
Symptomatic points	St 25 (for distension), P 6 (for nausea)
Influential point	Ren 12 (for Yang organs)

To these point prescriptions, you could now **add** the Energy-balancing points.

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CHAPTER 6

Energy-balancing Points

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We now come to the cream of the acupuncture therapy system – points that can make a profound difference in the actual energy status of the organs. If diagnosed and treated correctly, almost anything is possible to change and cure, provided the patient also takes part in the ‘balancing process’ by changing some aspects of their diet and lifestyle as required.

There are many groups of ‘energy-balancing points’. Some help improve the quality of energy and some help to increase or decrease the quantity of energy. The quality of Yin is to calm and cool, whereas Yang activates the function. The points that improve the Yin or Yang aspect of energy do not necessarily increase the quantity of energy level. There are points that actually increase or decrease the amount of energy in an organ. Although it is possible to warm a point with moxibustion (burning of a mugwort herb, see p. 436), what we usually do with needles is to send energy from one to another organ or meridian.

Acupuncture works on the meridian system, which is a great motorway in our body, through which energy is continuously flowing. As explained in Chapter 4, these meridians connect various organ systems of the body. If there is more energy in one organ and relatively less energy in another, this means that there is a block in the energy flow. There are points on each meridian that connect with other specific meridians, which could be used to send or receive energy from one meridian to another. If the point sends energy away from a meridian, it is called a sedation (dispersion) point; if it receives energy from a meridian, it is called a tonification point.

In the following sections, I shall discuss this network system between the organs:

- Points that influence the quality of energy:
 - Mu-front and back-Shu points
- Points that influence the quantity of energy flow:
 - Luo-connecting and Yuan-source points
 - Organ Clock: Horary points and Exit and Entry points
 - Mother-son Cycle –Tonification and Sedation points
 - Controlling Cycle – Last two of the Five-element points
 - Extra channels – Confluent points and Common points

The energy-balancing points are listed here in order of hierarchy. These are points that could influence the Yin or Yang nature of the organs, and also send energy from one organ to the other. Through these points one can send energy from an excess to a deficient area, thus ‘balancing’ two areas. We can also use more than one energy-balancing point in one treatment. Let us take a look at the locations and uses of these points.

6.1 POINTS THAT INFLUENCE THE QUALITY OF ENERGY

Of all the energy-balancing points, the Mu-front and back-Shu points are the most closely related to the organs themselves. They are located on the surface immediately over the organs, and thus make excellent Local points. Besides this, they also influence the Yin and Yang quality of these organs, even though they do not increase the quantity of energy of the organs.

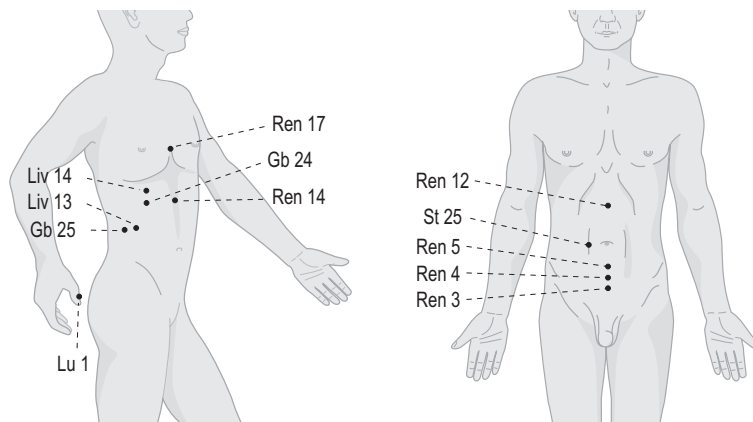
Table 6.1

Mu-front points	Back-Shu points
These were initially found as a pain point (Alarm) that appeared at the anterior surface of an organ – and when needled, alleviated the pain and treated the dysfunction of the organ	An organ dysfunction can cause a positive reaction point (tenderness, cystic nodules, muscle tension) on the posterior surface of organ. When this is needled, the positive reaction will diminish
Three uses: 1. As an Alarm point. When one does not find an Alarm point, but wishes to influence the Yin or Yang aspect of the organ, the Alarm point can be treated to influence the Yin as it is on the Yin surface (front) of the organ 2. Tonifies Yin of the organ* (these points also make an ideal local point for the organs) 3. Local point for organ	Three uses: 1. As a positive reaction point. When one does not find a positive reaction point, but wishes to influence the Yin or Yang aspect of the organ, the back-Shu could be treated to influence the Yang, as it is on the Yang (back) surface of the organ 2. Tonifies Yang of the organ* (these points also make an ideal local point for the organs) 3. Local point for organ
The quality of the Yin is to COOL and CALM	The quality of Yang is to FUNCTION and to WARM
* There is no quantitative increase in energy when needling Mu-front or Back-Shu points, only qualitative improvement.	

6.1.1 Mu-front and back-Shu points

Table 6.2

	Mu-front points	Back-Shu points
Lung	Lu 1	UB 13
Pericardium	Ren 17	UB 14
Heart	Ren 14	UB 15
Liver	Liv 14	UB 18
Gall Bladder	GB 24	UB 19
Spleen	Liver 13	UB 20
Stomach	Ren 12	UB 21
Triple Warmer	Ren 5	UB 22
Kidney	GB 25	UB 23
Large Intestine	St 25	UB 25
Small Intestine	Ren 4	UB 27
Urinary Bladder	Ren 3	UB 28



6.2 POINTS THAT INFLUENCE THE QUANTITY OF ENERGY FLOW

All the other energy-balancing points are involved in sending energy from one organ to the other, or from one meridian to the other. Try to imagine these pathways of energy flowing at many levels of depth in the body; depending on the depth of energy flow, we call them the **deep energy circulation** and **superficial energy circulation**. Superficial energy circulation is between the exterior meridians – the meridians that flow between the skin and the muscle; deep energy circulation is between the deeper meridians that flow from organ to organ in the interior of the body.

So the superficial energy circulation flows mostly from exterior Yin meridians to exterior Yang meridians, and since there is a difference of polarity between the medial and ventral sides of the body where the Yin meridians run, and the lateral and dorsal sides of body where the Yang meridians flow, there is also a change in the polarity of energy when it flows from a Yang to a Yin meridian and vice versa. Since the exterior meridians have points that can be directly stimulated, the superficial energy flow **can be manipulated directly**.

The deep energy circulation flows in the interior of the body. Energy may flow from a Yin organ to another Yin organ or to a Yang organ; but the energy that flows out of this Yin organ would always be of a Yin nature – and wherever it flows to, it would remain as Yin, and bring about an increase in the Yin of the other organ. As the deep meridians have no points and cannot be needled, we can only gain access to them through the exterior meridians, and try to **influence the deep energy flow indirectly**.

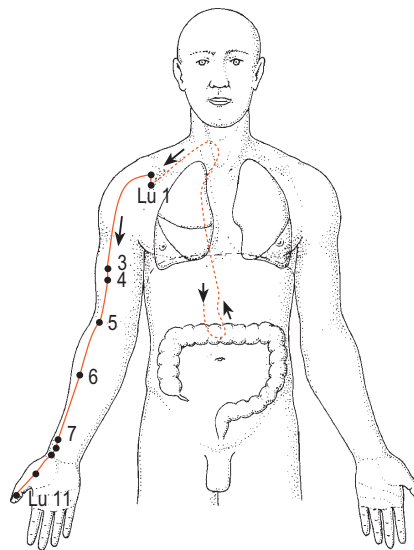
In the following sections, I discuss my understanding of both these energy flows and provide many examples of how to use them.

6.3 Couple organs – interior relationship deep energy circulation

The coupled organs (Lung–Large Intestine, Heart–Small Intestine and so on) are said to have an interior–exterior relationship. This means that they are related in the interior (deep energy circulation) and in the exterior (superficial energy circulation). Therefore, they are very useful in energy-balancing treatments. Let us first take a look at the deep energy flow between the Lung and Large Intestine.

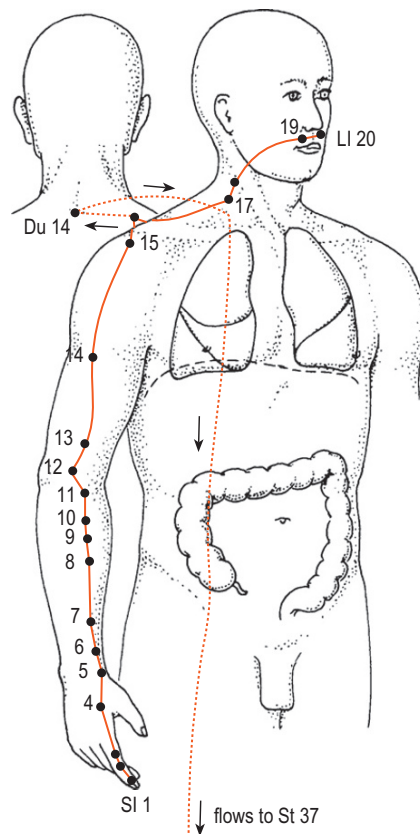
6.3.1 Interior relationship – deep energy circulation

Lung channel



The Lung channel has an exterior part and an interior part. In the interior, the channel flows to the Large Intestine and to the Lung.

Large Intestine channel


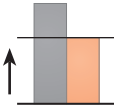
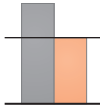





The Large Intestine channel also has an exterior part and an interior part. Note that the interior channel goes through the Lung to enter the Large Intestine. Through these interior meridians (on which there are no points), energy flows between the Lung and Large Intestine, always from where there is an excess to where there is a deficiency. Both internal branch meridians are in the interior of the body, and therefore in the same climate. Because of this, the energy that flows from one to the other meridian is of the same polarity:

- Lung Yang flows into Large Intestine Yang
- Lung Yin flows into Large Intestine Yin
- Large Intestine Yang flows into Lung Yang
- And so on

6.3.2 Excess states

Example: Lung Yin excess

Table 6.3	
Lung with its Yin and Yang	Large Intestine with its Yin and Yang
	
<p>If Lu Yin increases, and Large Intestine Yin is normal, then through the interior meridian, Lung Yin flows into the Large Intestine</p>	
<p>Yin excess in Lung manifests as fullness and excessive mucus</p> 	<p>In Large Intestine, Yin excess manifests as large watery stools</p> 
<p>To treat this imbalance in both the organs, I use point Lu 5 (Sedation point) with the sedation needle technique.* When the Sedation point† of a meridian is sedated, it reduces both Yin and Yang energies of an organ by dispersing it to another organ, but it sends out more of the house energy than the opposite energy. Which means sedation of Lu 5 disperses approximately 90% Yin and only about 10% of Yang energy. This works well to balance the imbalance in question.</p>	
	
<p>Sedation of Lu 5 sends out more Yin energy, thus mainly reducing Lung Yin</p>	<p>Now Large Intestine has more Yin than the Lung, and since they are connected in the interior, it flows automatically into the Lung through the interior meridian, thus bringing the Large Intestine Yin down to the same level</p>
	
<p>*Sedation needling techniques are explained on page 430. †Sedation points and how they work are explained on page 193.</p>	

This is direct sedation of Lung Yin and indirect sedation of Large Intestine Yin. If you wish to sedate the Yin – either in a Yin organ or in its coupled organ – it would suffice to sedate only the Yin organ.

Example: Lung Yang excess

Table 6.4	
An excess in Lung Yang with symptoms of bronchitis or eczema	The excess energy flows into the Large Intestine causing colic, painful stools or colitis
<p>If I need to sedate Lung Yang, point Lu 5 would not be suitable, as it would sedate more of the Yin.</p> <p>Therefore, point LI 2, the Sedation point of Large Intestine should be used, as this would sedate much more the house energy of the Large Intestine, which is a Yang organ. When Large Intestine Yang is dispersed, the Large Intestine would have less Yang than Lung. As these two organs are connected through the interior meridian, the excess Yang would flow automatically from the Lung to Large Intestine, thus reducing Lung Yang as well</p>	

This is direct sedation of Large Intestine Yang, and indirect sedation of Lung Yang. Between coupled organs, if the Yang needs to be sedated – either in the Yin or the Yang organ – it is the Yang organ that should be sedated.

Box 6.1

It is not necessary that the Yang of a Yin organ is only sedated over the coupled Yang organ. Lung Yang may be sedated directly, with special needling techniques (p. 433) or Blood-letting techniques (p. 442), or by using other energy-balancing laws. It is one way to achieve this result, and to do this we use the interior relationship between the coupled organs.

Working exercises

- (See the list of Tonification and Sedation points on p. 189 and p. 193, respectively.)
- How will you treat acute Gall Bladder colic? → Sedate Gall Bladder Yang directly with Sedation point GB 38
 - What is your treatment for tachycardia? → Sedate Heart Yang indirectly over SI 8 sedation.

- What point will you use for acute cystitis? → Sedate directly with UB 65
- How would you sedate Kidney Yang in Kidney colic? → Sedate indirectly over Urinary Bladder with UB 65
- Where does energy flow to when Sedation points are used?
- Where does energy come from when Tonification points are used?

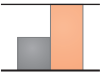

See page 189 for more answers, where the Mother-Son Cycle is explained.

6.3.3 Deficiency states

Example: Lung Yin deficiency

Symptoms




Dry skin, dry nose or throat.

Table 6.5	
	 After tonification
<p>Tonify Lung Yin directly with:</p> <ul style="list-style-type: none"> Lu 1 Mu-front point Lu 9⁺ Tonification point <p>both points should be used together, as one increases the quantity and the other improves the quality</p> <p>Lu 9⁺ tonifies Yin and Yang. As the Lung is a Yin organ, it tonifies more of the Yin and less of the Yang (90:10).</p>	

Example: Lung Yang deficiency

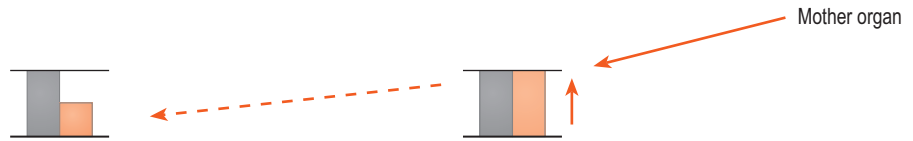
Symptoms

Chronic blocked nose, cannot sweat, chronic asthma in wet, cold weather.

Table 6.6	
 Lung	 Large Intestine
In this case, point Lu 9 is unsuitable. It will increase more of the Yin.	
<p>When Lu Yang is deficient:</p> <p>Large Intestine which had a normal amount of Yang will try to fill this deficiency.</p> 	
Over a period of time, the Large Intestine Yang will become deficient. And if Lung Yang is now deficient, this is because the Large Intestine Yang is at the same level as Lung (and is therefore unable to supply any more Yang to the Lung)	

Treatment

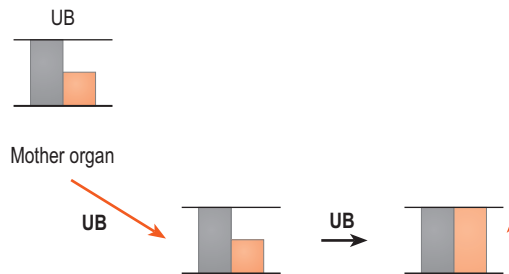
LI 11 tonifies more of the Yang (90:10). When the Large Intestine receives more energy, it will automatically flow to the Lung. It will stop flowing into the Lung when they both have the same quantity of Yang.



This is direct tonification of LI Yang and indirect tonification of Lu Yang.

Example: Functional Yang (Qi) deficiency of the Urinary Bladder*Symptoms*

Problem starting and ending urination, controlling urination and emptying the bladder.

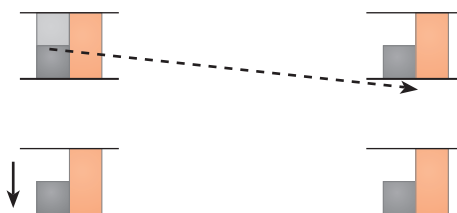


- Tonify UB 67 + Tonification point (quantitative increase in energy)
Increases Yang 90:10
- UB 28 back-Shu point of Urinary Bladder (improves the function).

Example: Urinary Bladder Yin deficiency

Kidney will send Yin to Urinary Bladder through interior meridian, thus reducing Kidney Yin

Urinary Bladder Yin deficiency



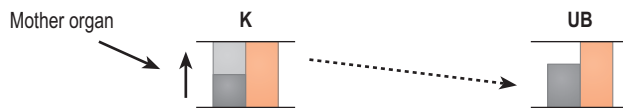
Symptoms

Frequent and little urination, urgency, burning.

Treatment

- Tonify Kidney Yin with K 7, the Tonification point
- Ren 3 (Mu-front point of Urinary Bladder) – to improve the cooling and calming quality of Yin.

When Kidney Yin increases,
it will flow automatically into the Urinary
Bladder Yin, until they are both equal



Therefore, direct tonification of Kidney Yin results in indirect Tonification of Urinary Bladder Yin.

6.3.4 Summary

Box 6.2

Between the coupled organs, if you wish to increase the Yin in either organ, it is sufficient to tonify the Yin Organ with the Tonification point. The Mu-front point, however, is always used on the affected organ.

Between the Coupled Organs, if you wish to increase the Yang of either organ, it is enough to tonify the Yang Organ with the Tonification point. The back-Shu point to be used will be on the affected Organ.

So far we have looked at the interior relationship of the coupled organs. This is the **deep energy circulation**, which means that in the deeper meridians of the body, all of which flow in the interior and in a common warm environment, all energy flows from one organ to another (if they are connected) and is of the **same polarity**. If Lung Yang is in excess, and it flows into the Large Intestine, the Large Intestine Yang will increase. When the Large Intestine is sedated and its **Yang** decreases, the Lung Yang flows **automatically** into the Large Intestine, thus reducing the Lung **Yang**. It does not matter which organ is diseased, it is always the same polarity that is affected.

If Kidney **Yin** was deficient, the Urinary Bladder would send its **Yin** into the Kidneys, thus reducing the quantity of urine, or Urinary Bladder **Yin**. Tonifying the Kidneys with the Tonification point K 7 would tonify Kidney **Yin**. This increased Kidney **Yin** will now flow automatically into Urinary Bladder **Yin**, thus increasing that as well.

Whichever organ it flows to, the Yang remains as Yang, and the Yin stays as Yin. It does not matter whether the organ it flows to is a Yin organ or a Yang organ. It is the polarity of the energy at its source that counts. **This is the significance of the deep energy flow**, and will be discussed again later in the chapter.

6.4 SUPERFICIAL ENERGY CIRCULATION

An exterior meridian flows between the skin and muscle (p. 62). It has points of its own, and flows on the ventral, medial or the lateral, dorsal sides of the arms and legs. These are the Yin and Yang surfaces of the limbs. In the evolutionary process, humans first stood on all fours before standing erect. The parts of the body and limbs that were in contact with the sun, wind and rain were called the protecting surfaces – the Yang surfaces. The part of body and limbs that was not exposed is said to be the protected surface – the Yin surface. Even as we stand erect now, these areas are still our Yin and Yang surfaces. The body hair distribution and the temperature in these two areas is different from each other.

Imagine we have two adjoining rooms – one is a cold room, where meat is refrigerated; the other is an oven, where bread is baked. Now imagine there is a water pipe that runs through the walls of both rooms, with water flowing from one room to the other. The water, when flowing through the cold room would be cold, but the same water would heat up when flowing through the heated room – the only difference being that the outside temperature will have changed. Energy changes polarity (from Yang to Yin) in the exterior meridians, if it flows from a Yin meridian to a Yang meridian or vice versa.

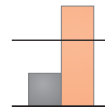
The environment is more important than the energy in the superficial energy circulation. We will now work with one superficial energy circulation of the body.

6.4.1 Coupled meridians – exterior relationship

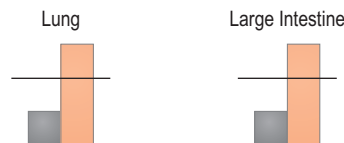
Example: Lung Yin deficiency and Yang excess

Symptoms

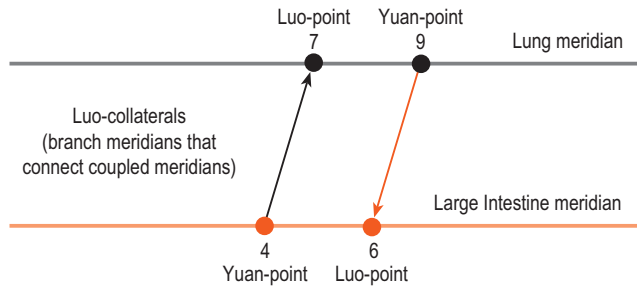
Thin and dry skin with redness and inflammation.



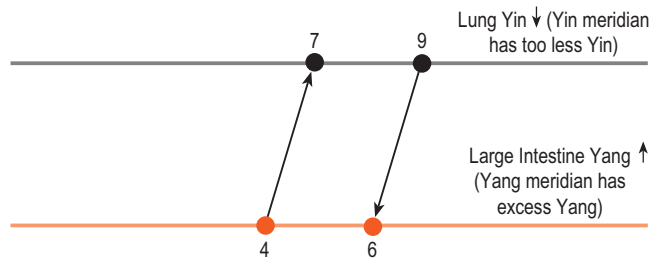
Because of their interior relationship, coupled organs have the same picture of imbalance. So we could say, that in 95% of the time, the Large Intestine will have the same imbalance.



In the exterior, Yin and Yang meridians flow in the ventral-medial and dorsal-lateral sides of limbs. The climate in these two surfaces is very different – like cool and hot rooms. When energy flows from one to the other, it changes polarity.



- A Yuan-source point – is the point where the energy flows out of a meridian into the coupled meridian.*
- A Luo-connecting point – is the point where energy flows into in the coupled meridian. It is always the point of entry.

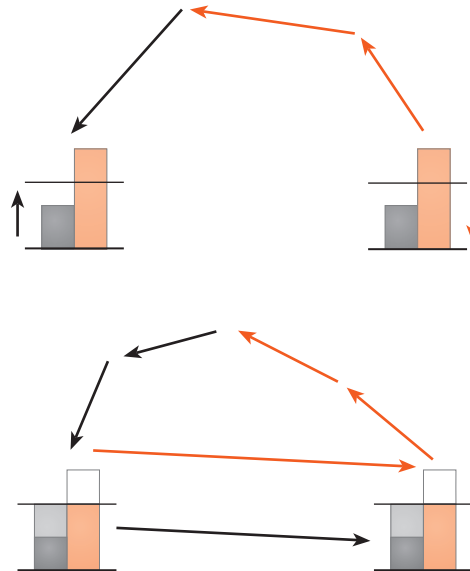


In order to balance this, we need to use the collateral on the left, to send energy from the Large Intestine to the Lung.

- **Sedate LI 4, Yuan-source point** – this sedates Large Intestine Yang directly and Lung Yang indirectly
- **Tonify Lu 7, Luo-connecting point** – this tonifies Lung Yin directly and Large Intestine indirectly

Energy will flow from the Large Intestine (decreasing Large Intestine Yang) into the Lung (increasing Lung Yin).

* Yuan-source points have connections with other meridians (p. 171). This must not be confused with their relationship with the coupled meridian.



When Large Intestine Yang decreases, the Lung Yang would flow through the interior energy flow into Large Intestine, thus reducing Lung Yang as well; now that Lung Yin is increased, it would flow into the deficient Large Intestine Yin, increasing LI Yin as well.

The new balanced state:



Lu + LI in balance

Why is it necessary to use this energy flow between the coupled meridians to balance them? Would it not be sufficient to tonify Lung Yin using its Tonification point Lu 9, and sedate the Lung Yang indirectly over Large Intestine – by sedating LI 2, the Sedation point? I anticipate this question being asked at this stage.

Here is the answer: The idea of 'energy balance' is that we find the excess and deficiency and try to send one to the other. When we tonify the Lung Yin deficiency with the Tonification point – the energy comes in from the Mother of Lung (the Spleen – an organ which has no excess situation). Then we sedate the Lung Yang indirectly with LI 2 sedation, thus sending the excess energy to its Son organ (the Urinary Bladder – an organ which is not deficient). While all the time we have the excess and deficiency within the Lung and Large Intestine itself!

Does it not make perfect sense in this situation to send the excess energy into the deficiency? The only difference is that the excess is in the Yang and the deficiency is in the Yin. This is why we have to use the superficial energy circulation in order to change the polarity from Yang to Yin, which can be done very well with Yuan-source and Luo-connecting points.

Box 6.3

A Luo-connecting point of a Yin organ tonifies its Yin (and the Yin of the coupled organ) and sedates its Yang (and the Yang of the coupled organ).

Example: Stomach Yin deficiency and Yang excess

Diagnosis

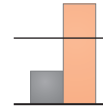
Gastric ulcer.

Symptoms

Hyperacidity, burning pain when hungry, intolerance to hunger, excessive thirst, preference to cool drinks.

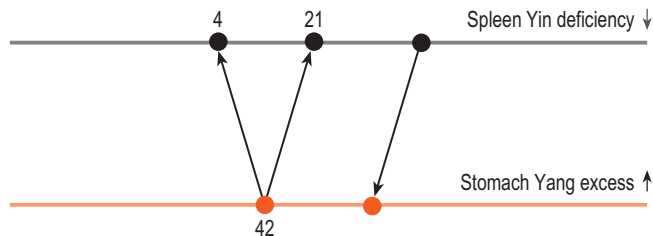
This situation is called Stomach Fire, with Yin deficiency and hyperactive Yang.

Imbalanced state in the Stomach



Treatment

In order to balance this, we need to tonify Stomach Yin indirectly, and sedate Stomach Yang directly. To do this within the coupled organs, we must use the Luo and Yuan points.



- Sedate St 42, Yuan-source point – sedates Stomach Yang directly and Spleen Yang indirectly
- Tonify Sp 21, Luo-connecting point – tonifies Spleen Yin directly and Stomach Yin indirectly

In this process, Stomach Yang flows into Spleen Yin, and changes polarity.

Box 6.4

INDICATION: A Luo-connecting point balances a 'one-up arrow and one-down arrow' imbalance in an organ

DEFINITION: A Luo-connecting point of a Yang organ tonifies its Yang and sedates its Yin

6.5 ENERGY FLOW BETWEEN LUO-CONNECTING AND YUAN-SOURCE POINTS

The following questions have been often asked during my seminars:

Question: Is it possible that coupled organs do not have the same picture of imbalance? Could it be that Stomach has excessive Yang and the Spleen is cold?

Answer: Absolutely! The coupled organs have internal meridians through which energy flows to and fro. Since in the interior the climate is similar, we say that as long as energy flows from one to the other organ, they will have a similar picture of imbalance. But it is possible that because of internal blocks or surgical scars that the energy flow in the interior is obstructed. If so, it is possible that coupled organs have different pictures of imbalance. It is therefore necessary to tonify or sedate them individually.

Question: Many books in the West say that energy flows from the Luo point to the Yuan point. Why are you saying it differently?

Answer: Thank you for this question. I have attempted to answer it in the next section.

6.5.1 Luo and Yuan points – which way does the energy flow?

Western textbooks on acupuncture seem compelled to specify the direction of energy flow between the coupled channels. However, none of the classical Chinese texts specify the direction of energy flow nor do they state whether energy flows 'from the Yuan to the Luo point' or vice versa. Chinese medicine is derived from practice and empirical knowledge rather than based on logical deductions. It is stated in the classics that 'a Luo-connecting point connects the two coupled meridians' – but not exactly the 'why' and 'how' of it. If coupled organs are diseased, it is 'customary' to use the Yuan-source point of the first diseased organ and Luo-connecting point of the second affected one. The simple name 'source point' suggests the energy flows out of this point and into the connecting one.

My plea to the reader is to look at how the Luo-connecting points are used in 'symptomatic prescriptions'.

Example

- Point St 40 for excess mucus/oedema – reduces mucus, decreases Yin
- Point GB 37 for 'Bright Sight' – improves function, increases Yang

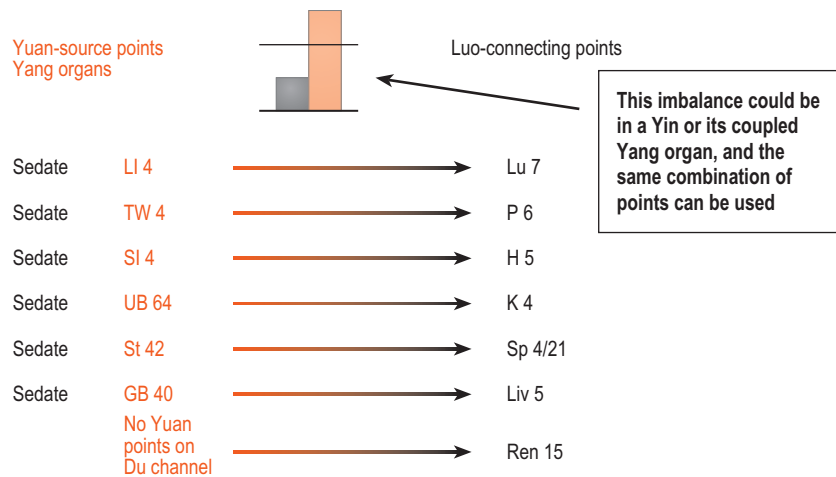
These are not generally used in combination with Yuan-source point of the coupled organ. These increase the Yang of the Yang organs – so they must be points where the energy enters.

Example

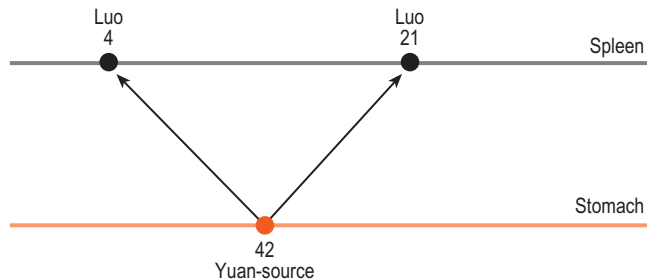
- Point P 6 is a universal calming point also is used against vomiting and tachycardia.
- Point Lu 7 is used not only for the Lung, but as the Confluent point of Ren channel, to influence the Yin of whole body.

These two points make the person very Yin. Again, the Yuan-source points of the coupled organs are not used. As the use of P 6 and Lu 7 makes the person more Yin, they must be points of entry. My contention is therefore, that **energy flows from Yuan to Luo, and in most cases it is sufficient to use only the Luo-connecting point of the deficient organ**, i.e. if the Yin aspect is weak, use the Luo point of Yin organ; if the Yang energy is weak, use the Luo point of the Yang organ).

Yuan-source points of Yang organs and Luo-connecting points of Yin organs



Spleen is the only meridian that has **two** Luo-collaterals and two Luo-connecting points.



Both Sp 4 and 21 are used in situations where the Yin is deficient and the Yang high in either the Spleen or the Stomach. If the symptoms are in the periphery (for example, dry, inflamed lips) Sp 4 is used. If the symptoms are in the interior (chronic gastritis) then Sp 21 is used as it is located closer to the Stomach.

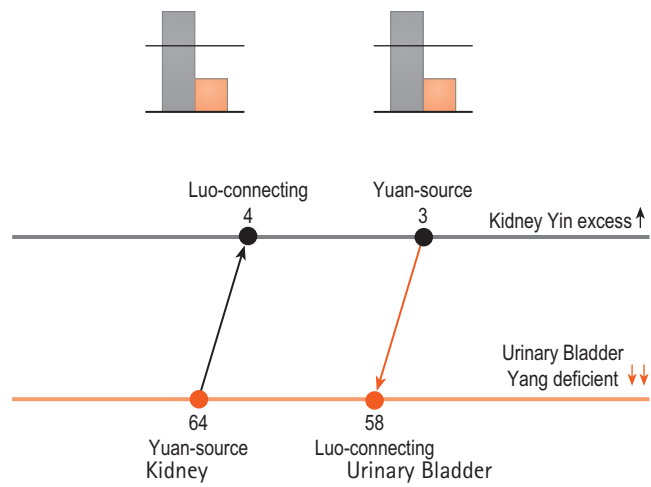
Example: Kidney Yin excess and Yang deficiency



Symptoms

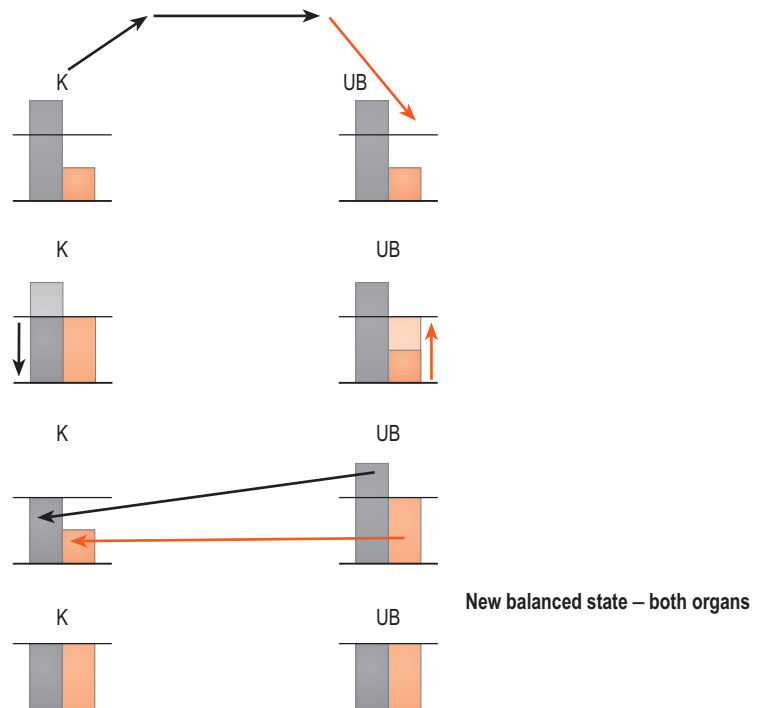
Generalized oedema with little urination. This shows a weakness of Kidney function, as it is an organ that eliminates fluid.

According to their interior relationship, coupled organs have the same picture of imbalance.



Treatment

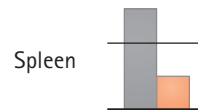
- Sedate K 3 – sedates Kidney Yin directly and Urinary Bladder Yin indirectly
- Tonify UB 58 – tonifies Urinary Bladder Yang directly and Kidney Yang indirectly



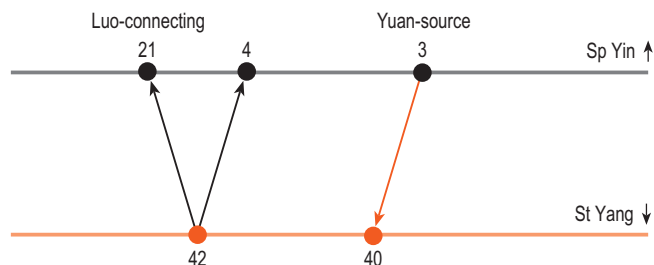
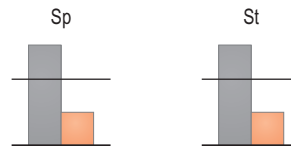
Box 6.5

In the energy transference between Yuan-source and Luo-connecting points, it is not always necessary to use both points. It is sufficient to use only the Luo-connecting point. This has to be the Luo point of what is deficient. For instance, if there is a Yin deficiency and Yang excess in the Lung or in the Large Intestine, it is the Luo of the Lung (the Yin organ) that should be used.

Sedation of the Yuan-source point is used only when the excess proves to be the main problem. If a patient often gets paroxysmal tachycardia, only point H 5 (Luo) needs to be used in the intervals. But in the acute episodes, SI 4 (Yuan) sedation and H 5 are used.

Example: Excessive Spleen dampness and deficient functional Qi*Symptoms*

Oedema of the face, lower arms and lower legs (periphery) with stiffness and pain in joints, mostly in the mornings. Peripheral oedema is a weakness of Spleen function of circulating fluid. According to their interior relationship, coupled organs have the same picture of imbalance so, Stomach would have the same imbalance.



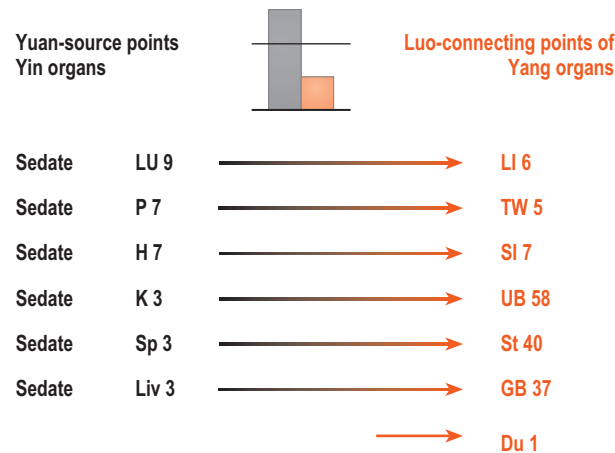
Treatment

- Sedate Sp 3, Yuan-source point – sedates Sp Yin directly and sedates Stomach Yin indirectly
- Tonify St 40, Luo-connecting point – tonifies Stomach Yang directly and tonifies Spleen Yang indirectly

Box 6.6

The Yuan-source points are connected to the source of energy for the body. Mother Earth and all nutrients from her is the source of energy. It is therefore interesting to note that, in the Yin organs, the Earth points of these meridians are also their Yuan-source points. So, using the Yuan points will be similar to drawing energy from the organs associated with the Earth Element in the body.

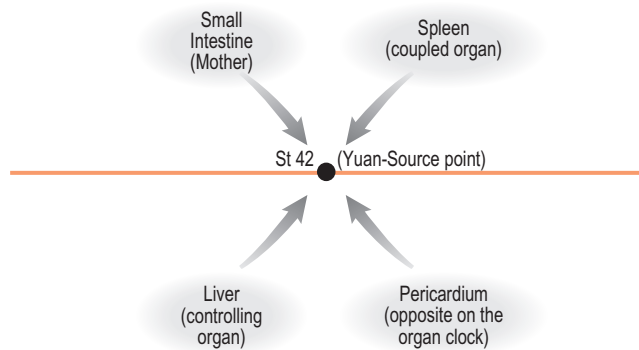
Yuan-source points of Yin organs and Luo-connecting points of Yang organs



This imbalance may be in a Yin organ or its coupled Yang organ, the same points would be used to bring them to balance.

6.5.2 The Yuan-source point

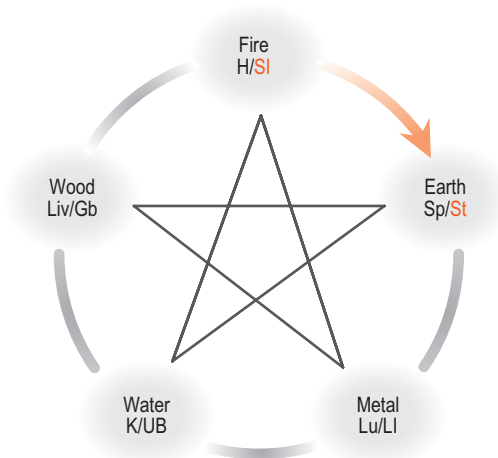
The Yuan point has many more functions besides those discussed above. It is said to be the most powerful and binding point of a meridian, and connects with many other meridians of the body as noted below.



When St 42 is given without a needle technique, or when tonified, it will pull energy from all possible sources as indicated in this diagram. It cannot, however, choose or single out one of these sources. If we should decide that the energy should come from the Small Intestine, the Mother, then we must send energy from Small Intestine to Stomach.

Treatment

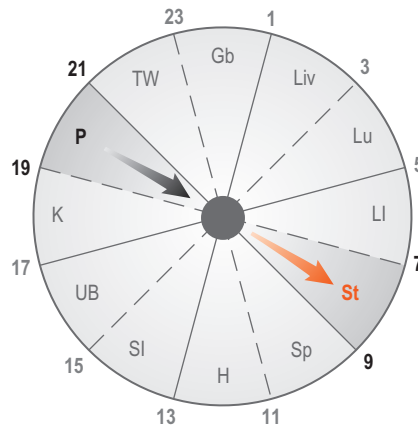
- St 42, Yuan-source point
- Sedate SI, 8 Earth point



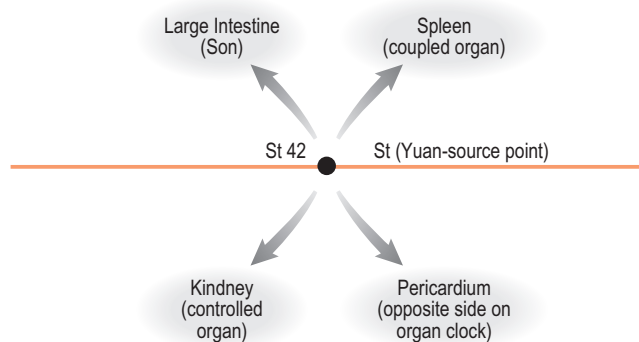
But if the Pericardium was to send this energy – then the Pericardium must be sedated on a suitable point, in order to send energy to Stomach.

Treatment

- St 42 Yuan-source point
- Sedate P 8 Fire point



A Yuan-source point, if sedated, will send energy in all possible directions, like this:



It cannot decide which organ in particular should receive this energy. The direction could be guided by tonifying that organ – which should be receiving this energy.

Example

Sedation

St 42, Yuan-source point, and tonification:

- LI 11, Earth point – to send energy to the Large Intestine, the Son organ
- Sp 4, Luo-connecting point – to send energy to the Spleen, the coupled organ
- K 3, Earth point – to send energy to the Kidney, the controlled organ
- P 8, Fire point – to send energy to Pericardium, the organ on the opposite side of the Organ Clock

A Yuan-source point can also be used *without* another point combined with it, and *without* tonification or sedation technique, when one is undecided about the energy status of an organ. Some of the popular Distal points and Symptomatic points are Yuan-source points.

Example

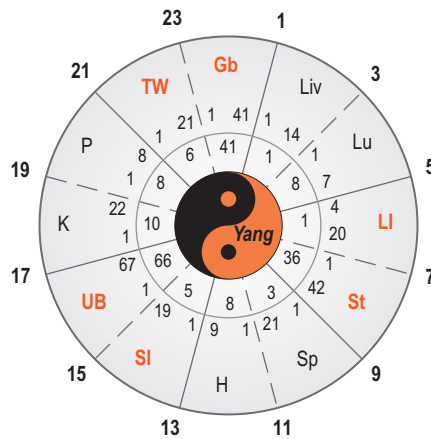
- Liv 3, H 7
- LI 4, K 3

By itself, the point can decide somewhat whether it should open or close, if it should attract or repel energy.

Box 6.7

Tonification of point Lu 8 would tonify Lung Yin and sedate Urinary Bladder Yang.
Sedation of point Lung 8 would sedate Lung Yin and tonify Urinary Bladder Yang.

6.6 THE ORGAN CLOCK



6.6.1 Highest energy and activity time

Energy flows through all our meridians all of the time. As such, our 12 **exterior channels** (or 24 on both sides) have a steady energy flow through them and from one to the other, even now as you are reading this. But the body can give its maximum concentration of activity and energy to only one meridian at a given moment of time. This is called the **peak energy (activity) time** of this meridian. At this time, this meridian gets more energy and has more activity than any other meridian of the body.

6.6.2 Diagnosing illness based on the time of worsening of the symptom

Going by the statistics, the commonest time to get asthma attacks is around 3–5am. So it is evident that Lung energy is affected at this time. This is the peak energy and activity time of the Lung. The asthma that occurs at this time is because of excess of Yin or Yang in the Lung (both energies increase in proportion to what there was before). The fact that a Lung disease worsens at this time only tells us that there is an excess energy in the Lung. It does not tell us whether the Yin or Yang is high. To know this, we need more information – such as, is the asthma worse in wet, cold weather? Is it bad in the night and in the early mornings? Is there much mucus?

This would be a Yin dominant asthma. But if it is worse seasonally, it is an allergic asthma with dry bronchial spasm, and if at other times the patient is perfectly well, this would be a Yang dominant asthma. In order to treat this excess state, we can sedate the Yin or Yang of the Lung accordingly.

Pregnant women get 'morning sickness'; very rarely is it 'evening sickness'. Therefore, something happens to the Stomach energy at 7–9 am – and this is the peak energy and activity time of Stomach. If the patient is sick at this time, one can only say that it is because of an excess of either Yin or Yang. To say which of these two is in excess, we need more information. If vomiting is the main symptom, it indicates Yang excess in the Stomach; if nausea is the main problem, this being a passive symptom, it indicates Yin excess in Stomach. If the patient suffers from excessive nausea *and* vomiting, then there is an excess of both the Yin and the Yang of the Stomach.

6.6.3 Least energy and activity time

Say, at 4am, all the meridians of the body have the same quantity of energy, but the Lung has the most. This would not fit the concept of Yin and Yang. Yin and Yang mean – where there is an excess, there **must** be a deficiency, where there is a high tide, there must be a low tide too; so when the Lung has its excess energy time – another organ must have its lowest energy. This organ would be on the **opposite side** of the Clock – **Urinary Bladder** – from 3 am to 4 am the Urinary Bladder Yin and Yang are on the descent; at 4am, the Urinary Bladder is at its lowest energy; from 4 am to 5 am the energy gradually returns into the meridian.

If a patient suffers with low backache, and usually wakes up from sleep between 3 am and 5 am with pain and cannot fall asleep again until after 5 am – this is because of a deficiency of the Urinary Bladder. The backache is a Yin type (Yin dominant) of pain because it occurs during rest – therefore this is caused by a Yang deficiency of Urinary Bladder.

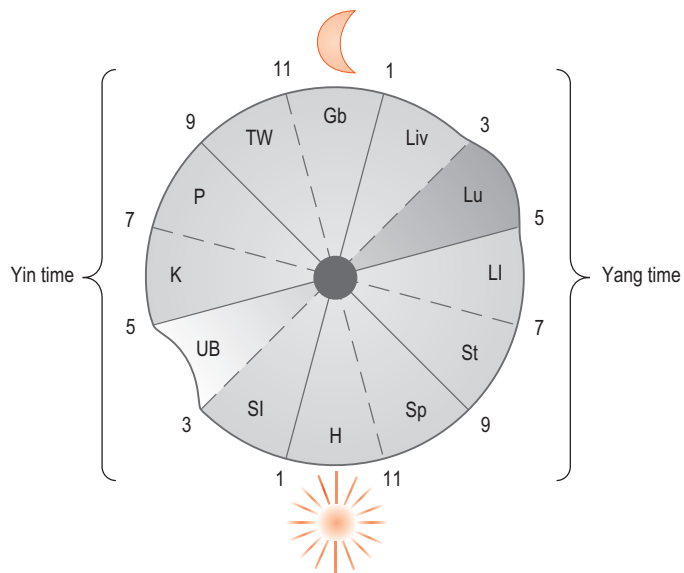
The Urinary Bladder meridian has its peak energy and activity time at 3–5 pm and the Lung has its lowest energy and activity time at the same period. If one feels very tired and low around 3–5 pm, this is caused by either a Yin or Yang deficiency of the Lung.

6.6.4 Symptoms improving at maximum energy time

Symptoms due to deficiencies can improve at maximum energy time as well. Take an example: a patient is always tired. But around 3–7 pm, his energy is the best in the day. What is special about 3–7 pm? This is the highest energy time of the Kidneys and the coupled organ – Urinary Bladder. During the whole day, these meridians have little energy. But at their best time they have more energy – thus making the patient feel more energetic. What should we do for the patient to have good energy constantly? We should tonify Kidney and Urinary Bladder. We should look for symptoms such as dryness, urination, etc. to judge whether the Yin or Yang are deficient, so that we could increase this aspect. When this is not clear, **we can tonify both.**

In other words, whenever we notice that a symptom worsens at a particular time, we should check to see whether this time is either related to the **peak energy time** or **least energy time** of this organ. If it is related to either of these, this information can be used to decide if it is an excess or deficiency of the organ, and whether we should tonify or sedate it.

6.6.5 The Organ Clock – use of maximum and minimum function (energy) times for diagnosis



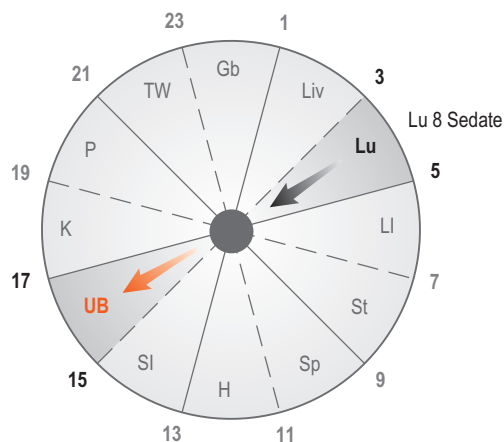
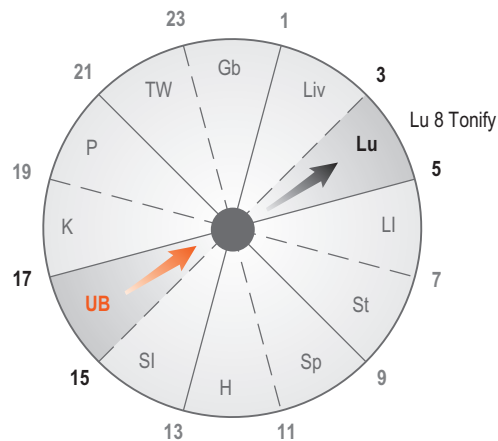
Horary points or points used to the hour

Each meridian has its own Five-element points – these are the points that communicate with organs outside it. For instance, the Lung meridian has a Fire point, Earth point, Metal point, Water point and Wood point. Through its Fire point the Lung meridian receives energy from organs of the Fire Element – the Heart and the Small Intestine; through the Water point it could send water to the Kidneys and so on. One of these Five-element points is always its **Own Element point** – for the Lung meridian, this is its Metal point – Lu 8. This point can be tonified or sedated, and it would receive or send energy to the organ on the opposite side of the Organ Clock. It would tonify or sedate 100% its own polarity (in this case it is Lung Yin).

The opposite organ, however, would be of the opposite polarity. The Urinary Bladder is opposite the Lung and it is a Yang organ. The energy that is lost or gained in this organ would be its own (house) energy.

Box 6.8

I want you to imagine a fire burning at the centre of a room. You would need some water to put out that fire. Imagine you are holding a hose to spray water at the fire. Now and at all times, the state of the fire would depend on the amount of water that comes out of this hose. If the water comes out with a gush, it will put out the fire in seconds. If the water coming out of the hose is minimal, only a trickle, and not even reaching the fire, then the fire would grow without any control. The ideal situation would be to have a steady stream of water just enough to hold the fire in control so that it does not spread, and not to extinguish it. This is the idea of control – it is not to destroy and not to let the fire grow out of control.



If this tonification is performed at the peak energy time of an organ, the effect would be very strong, equal to about seven normal treatment sessions. If the Horary point was sedated at the least energy time, it would again have a very strong effect. This is another effective way to tonify or sedate the 'house energy' of an organ. Generally, in tonification, we need a source from where energy can be taken. Not all organs have energy to give away. If the Mother organ is already deficient and is in no position to give energy, then we need to look for another source. It may well be that the organ on the opposite end of the Clock could have some to spare.

The other important factor is that the opposite organ is always of the opposite polarity. If the patient has many Yin deficiencies, we could now **take energy away from a Yang organ, but convert this energy into Yin**. As this energy flow is on the superficial energy circulation (that is, the energy flows from a superficial Yang meridian to a superficial Yin meridian and from an exterior Yang surface to an exterior Yin surface), changing the environment makes it possible to change the polarity.

Since we do a lot of balancing of energies, we need many direct routes between meridians and many different connections. When sending energy from one to another meridian we always prefer a direct route, as the more stops there are on the way, the more will be the energy loss.

CLINICAL EXAMPLE 1: BALANCING ON THE ORGAN CLOCK

A patient had constipation with very dry 'rabbit stools', and was troubled by colicky pains and bloating but with not enough stool to follow. This had caused an anal fissure with much pain during defecation. She also passed very little and concentrated dark urine, and her skin was generally dry all over.

This is a case where the Kidney has a Yin deficiency (as there is less water in the entire body), and the Large Intestine, though also dry, has an excess of Yang. As the excess in the Large Intestine is in its own polarity, and the deficiency in the Kidney is again in its own energy, we could use the Organ Clock to balance both with just one point. Technically, this one point could either be K 10 (to be tonified), or we could sedate point LI 1. The **tonification of K 10** is preferred. (If the organs on both sides of the Clock are imbalanced, tonification of the deficient one is better. But, if only one side is excess or deficient, then that organ can be either tonified or sedated accordingly, and the healthy side is not treated.) K 10 will tonify the Kidney Yin, which will improve the dryness in all the body, including the stool. As the energy will have to come from the Large Intestine, this will reduce the Large Intestine Yang, thus reducing the inflammation and pain around the anus.

Treatment

- Local points for abdominal pain
- Symptomatic points for constipation – LI 4, St 25 and TW 6
- Influential point for Yang Organs – Ren 12
- Energy-balancing point – K 10
- Advise the patient to drink more water and include some salt in her diet
- Some white rice and fruit will also help to soften the stool

CLINICAL EXAMPLE 2: BALANCING ON THE ORGAN CLOCK, FEMALE, 34 YEARS

A migraine sufferer comes to you, with a history of recurrent one-sided headaches since many years. The headaches are very severe, pulsating and with vomiting. She also suffers from insomnia, and has noticed the headaches to appear on nights when the insomnia is particularly bad. She is a pale, pleasantly talkative, very restless person, anxious and easily stressed at work. This has resulted in many sleepless nights and migraines.

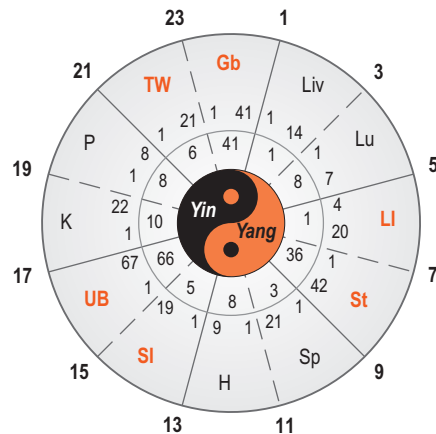
This is another ideal case for using the Organ Clock. On the one hand, the patient has less Heart Yin (from the years of poor sleep, anxiety and restlessness), with also Blood deficiency from the paleness; on the other hand she has the migraine headaches, which are one-sided (Gall Bladder meridian) and are very Yang in character when they occur. So, we have a situation of simultaneous Heart Yin deficiency and Gall Bladder Yang excess. We can balance this with either point H 8 (to be tonified) or by sedating point GB 41, both Horary points. The complete therapy would be as follows.

Treatment

- Few local points for the headache
- Point LI 4 – as Distal point for the area of the head and face
- Symptomatic point for headache – GB 20
- Symptomatic point for vomiting – P 6
- Influential point for muscle and tendon – GB 34 (for the tension)
- Influential point for Blood vessels – Lu 9 (pulsating headache)
- Energy-balancing point – H 8

The diagram below shows the Horary points in the central circle of the Organ Clock. These are as follows:

- H 8: Fire point
- SI 5: Fire point
- UB 66: Water point
- K 10: Water point
- GB 41: Wood point
- Liv 1: Wood point



- Lu 8: Metal point
- LI 1: Metal point
- P 8 Fire point
- TW 6 Fire point
- St 36 Earth point
- Sp 3: Earth point

Questions for training

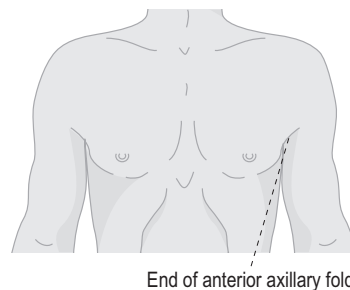
1. A male patient aged 58 presents with recurrent headaches in the vertex, waking up around 1 am every time he gets them. He never gets these headaches at other times of the day. They last through the day, and gradually disappear in the afternoon. He has noticed that if he drinks black coffee quite late at night before going to bed, these headaches may be prevented. How can you explain this, and what would be your treatment?

2. Is there any truth in the saying 'You must eat breakfast like a king, share your lunch with a friend, and give your dinner to your enemy' and why?
3. A young man comes to you with the problem of urgent watery stools following abdominal colic starting around 5 am in the morning. He passes three to five stools before he is ready to leave the house. The symptoms are worse if he has to go to work in the morning, and much better during the holidays. How can you help him?

6.6.6 The Organ Clock – Entry and Exit points

Energy in the superficial meridians flows along from one meridian to the other – from the end of one meridian to the beginning of the next. Curiously, it does not always flow out of the last point of the earlier meridian into the first point of the following one. Sometimes, it exits before arriving at the last point, and enters the next meridian not at the first but at a later point. The reason for this is not known, but it is important to know these **Exit and Entry points** by number.

Why do we have to know them? Because, again we look for different connections between meridians and organs, so that when we find an excess and deficiency, we can use the shortest route to balance these. There are many instances where this will be useful. Imagine an obese patient who is also anxious, excitable, suffers from insomnia and is susceptible to paroxysmal tachycardia. It is clear that her Heart Yin is deficient, and that the Heart Yang can rise from time to time. Obesity is when the Spleen stores excessive nutrients and needs to be sedated. It would be ideal if the excess Spleen dampness could be sent to the deficient Heart Yin. This cannot be done in any other way except through the connection of Exit and Entry points of the Organ Clock: **Sedate Sp 21 Exit point, and tonify H 1 Entry point** (remember that it is forbidden to needle point H 1; however, we can compromise the point and give it not in the centre of the axilla, but at the end of the anterior axillary fold). The compromised location of H 1 is illustrated below:



To send energy from the Triple Warmer to the Gall Bladder, from the Small Intestine to the Urinary Bladder, from the Liver to the Lung is only possible through Exit and Entry points. If this transfer is done between meridians of the same polarity, it would be very easy. If energy is transferred between meridians of the opposite polarity, it would have the same effect as the Luo-connecting points (p. 165), where there would be a change in the polarity.

6.7 BLOCKS IN THE ENERGY FLOW IN THE SUPERFICIAL ENERGY CIRCULATION

6.7.1 Block between Exit and Entry points

We always take energy blocks seriously, especially along the meridian flow. Many surgical scars can cause blocks, creating saturation of energy and pain on one side of the scar, and numbness and emptiness on the other side. Needles need to be inserted on both sides of the scar on the meridian in order to balance this block. On the Organ Clock, these blocks are possible even **without a scar**.

Some of the Exit and Entry points are quite far away from each other. Liv 14, the Exit point of Liver, and the Entry point of Lung, Lu 1, have at least 6 cun between them. It is quite possible the energy can be lost and stagnates between these two points. What is the result? Pain, a feeling of pressure in the chest area, and if this is over the left side, it is frighteningly similar to angina pectoris.

CLINICAL EXAMPLE: FEMALE, 54 YEARS

This patient was admitted to the emergency ward in hospital with chest pain and was under observation. Electrocardiogram tests and blood reports showed no evidence of cardiac damage. The blood pressure was slightly elevated. The pain was over the left side of chest, and over the breast. Not only was the pain radiating to the little finger of the left hand, there was a great amount of tenderness over the chest area.

Treatment

The three Yin meridians of the leg terminate at the thorax, and the three Yin meridians of the arm begin here. The distance between their Exit and Entry points is quite long. All six needles were placed on the left side only, and then only the Exit points were softly vibrated every 10 minutes for just a few seconds. After the first 10 minutes, the tenderness was better; in the second 10 minutes, the pain and pressure improved greatly: within half an hour of insertion of needles, the patient was 95% pain free. The treatment was repeated the next day and the patient was discharged the same day, quite well.

The points used were:

- Liv 14 (vibrated from time to time) and Lu 1
- K 22 (vibrated from time to time) and P 1
- Sp 21 (vibrated from time to time) and H 1

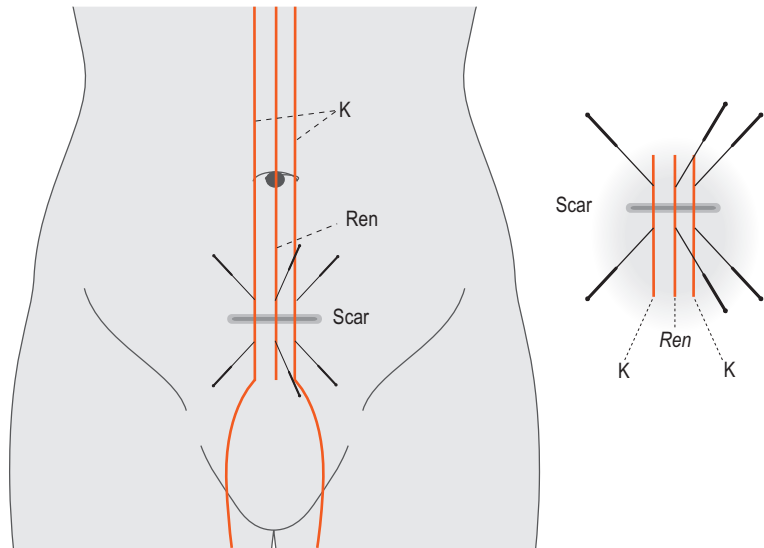
Needles were left in site for 30 minutes, with the Exit points shortly sedated every 10 minutes.

The Yang meridians end and begin on the face. The space between points LI 20 to St 1 can often be a trigger point in trigeminal neuralgia. The space between point SI 19 and UB 1, or between points TW 21 and GB 1, can be the centre of the pain areas in migraine headaches. Treatment is very simple, and if this block was the true reason for the pain, the symptoms should ease during the first treatment session, and disappear completely within two to three sessions.

Many of my colleagues think that 'energy balancing' is complicated and difficult to grasp. I often tell them to think of the more simple explanations to start with. If there is pain in an area, it does not have to be due to a great 'imbalance', it could also be because there is a 'block' on the path along which energy is flowing. On unblocking or removing the offending block, all will flow smoothly once again.

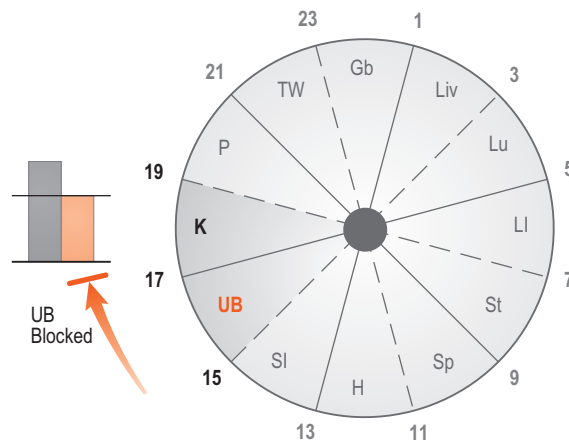
There are many reasons for the formation of blocks: surgical scars, long distances between Exit and Entry points, an excess situation in the meridian ahead, tumours, etc. Not all blocks are treated in a similar fashion. For instance, a scar is treated by placing two needles on the meridian (not necessarily Acupuncture points) both above and below the scar. If the meridian ahead has an excess situation, then this meridian should be sedated. Let me illustrate this with an example.

Example: The Ren meridian and Kidney meridians unblocked after caesarean section



6.7.2 Blocks along the superficial energy circulation

CLINICAL EXAMPLE 1: YANG BACKACHE FOLLOWING COLD EXPOSURE



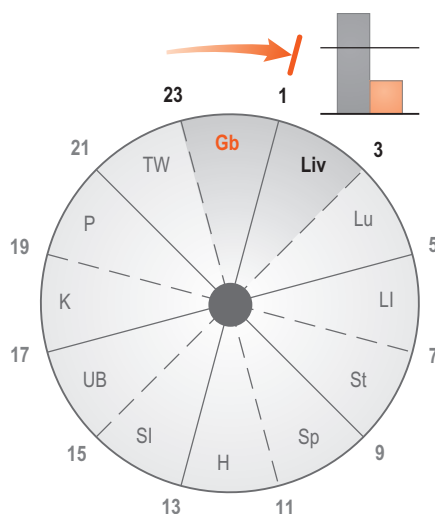
A patient has a severe backache after sitting too long in the cold. He could hardly move. When treated with Urinary Bladder Yang sedation, the pain did not improve. It improved when Kidney Yin was sedated with point K 5. This is because the cold from the exterior had increased the Kidney Yin, which blocked the energy flow, and energy in the Urinary Bladder could not pass through.

This is like 'a traffic jam', with an obstacle in front of it. The Blocked energy shows symptoms of Yang excess, as it is in a Yang exterior meridian. But the pain does not respond to Yang sedation. It responds to Yin sedation of Kidney, as removing the excess Kidney Yin will remove the block, and the energy in the Urinary Bladder meridian can then flow through, relieving the Yang-type backache.

EXAMPLE 2: HOLIDAY MIGRAINE OR PRE-MENSTRUAL MIGRAINE

A young woman suffered severe migraine headaches, with shooting and pulsating pains. They always occurred on weekends, on holidays or a few days before her periods. She had noticed that the headaches appeared gradually and rose to a high point over half a day. If she exercised or went for a brisk walk at the time the migraines began, this could sometimes prevent the headache from worsening.

This patient had a very Yang-type of migraine. One would therefore expect this to occur because of excessive Yang or a deficient Yin. But the migraine started during rest, or at pre-menstrual times – which would be when the body holds on to much fluid and damp. This is a Yin dominant situation. Why does it cause a Yang excess-type migraine?



Most migraine headaches are one-sided. It is the Gall Bladder meridian that runs forward and back several times, covering the side of head. So, there should be a Yang excess in the Gall Bladder meridian at the time of the migraine. And it comes on at a time when the Liver Yin is higher than normal – during holidays, and pre-menstruation, when there is stagnation of Blood and damp in the uterus (the Liver meridian covers this area of the perineum and the vertex). The Liver Yang is high during stress and during bleeding, and Liver Blood and Yin grow during rest or on holiday – unless this is an activity holiday.

Another interesting observation is a Yang headache that occurs in a Yin situation does not respond to Yang sedation (sedation of GB 38). It does, however, respond to Yin sedation (Liv 2 sedation). Therefore, it is quite clear that this again is a 'traffic jam' syndrome. As the Liver meridian – which is ahead of the Gall Bladder meridian on the Organ Clock – becomes full of Yin or Blood, it blocks the Gall Bladder meridian from flowing freely. The Gall Bladder meridian has excess (traffic jam), and – being an exterior Yang meridian – shows Yang excess symptoms.

Treatment

The treatment involves removing the block by sedating Liver Yin. Recurrence of the problem could be avoided by preventing the Liver Yin or Blood from stagnating. This means that such patients should engage in physical activity, sports, etc. while on holidays and in the pre-menstrual phase, and the Liver function could be tonified with points UB 18 (back-Shu point of liver) and GB 37 (Luo-connecting point of Gall Bladder).

CLINICAL EXAMPLE 3: SYMPTOMS OF GASTRITIS WORSENING AFTER EATING

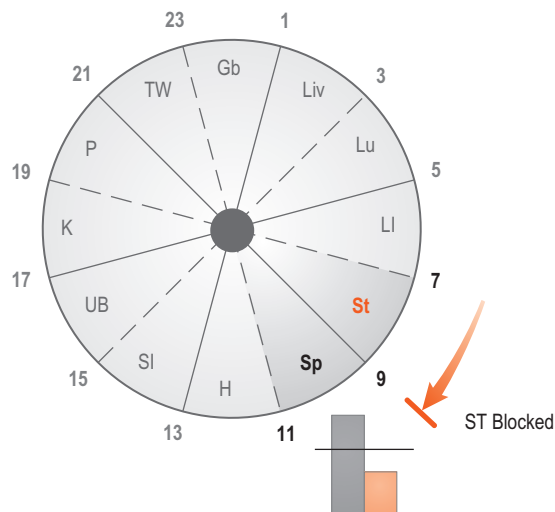
A middle-aged man often suffered from acid and food reflux and burning pain in the Stomach and oesophagus. The symptoms were usually worse at night, after his evening meal. He was rather obese, with a big belly. He has been treated with antacids and a histamine receptor inhibitor, but needed to take these regularly or the symptoms returned.

This is a common scenario – either a thin patient with acid reflux when hungry (improves after eating), or an obese patient with acid and food reflux after eating – the Fire-heat type or the damp-heat type.



Treatment

The treatment is to tonify the Stomach Yin in the first case, and to **sedate the excess Spleen Yin** that is causing a block for the Stomach Yang to flow through in the second case (for complete treatment of gastritis, see p. 136).



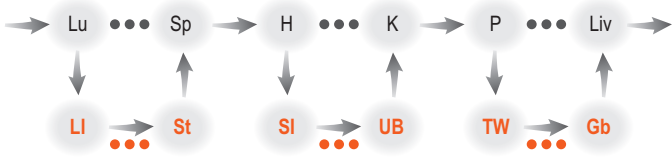
These three cases were examples of Yin accumulation or Yin increase in the preceding Yin meridian causing Yang excess symptoms in the following Yang meridian.

As Yin tends to stagnate and increase in quantity, it can block the energy flow of other meridians passing through it. If this energy flow is in the superficial energy circulation, and if the meridian that is blocked is a Yang meridian, the excess will be a Yang excess in this meridian. The treatment should be to sedate the Yin of the meridian which is causing the block, and not to sedate the Yang excess directly.

6.8 ONE-POINT THERAPY FOR PAIN

The knowledge of the use of the Organ Clock gives us the possibility of using the magic of acupuncture to relieve pain with a wave of a wand. Let me share with you the great secrets of Chinese acupuncture, it will surely give both you and your patients great pleasure!

Let us draw the Organ Clock like the Great Wall of China:



We can use one-point therapy when we wish to sedate a meridian **quickly** in order to produce pain relief. What was your question again? How quickly can we produce pain relief? Oh, in about a half to two minutes! We always select more Distal points to achieve this sedation. The reason for this is that when we use Local points, there is an increase in the local Blood and energy flow. Although this is beneficial in the long run for the healing of the local problem (such as inflammation of tissue), it is better to finish with pulling energy away from the pain area, and the dispersion of the congested energy will make the pain and movement easier.

To decide where to use this Distal point, use this immensely helpful chart:

Table 6.7			
Symptom	Affected meridian	Treated meridian	Point
Facial pain	Gall Bladder	Triple Warmer (Yang cause)	TW 6
Headache, neck pain	Large Intestine Stomach	Stomach Large Intestine	ST 44 LI 4
Headache	Gall Bladder	Liver (Yin cause)	Liv 2
Shoulder, arm	Large Intestine	Stomach	ST 38
Pain	Triple Warmer Small Intestine	Gall Bladder Urinary Bladder	GB 34 UB 58
Backache Sciatica	Urinary Bladder Urinary Bladder	Small Intestine (Yang cause) Kidney (Yin cause)	SI 7 K 5

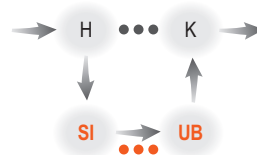
Table 6.7—cont'd

Symptom	Affected meridian	Treated meridian	Point
Pain in hypochondrium	Gall Bladder	Triple Warmer (Yang cause) Liver (Yin cause)	TW 8 Liv 2
Pain in leg	Stomach	Large Intestine	LI 10
Hip, knee	Gall Bladder Urinary Bladder Spleen Liver	Triple Warmer Small Intestine Lung Pericardium	TW 5 SI 7 Lu 6 P 7
Pain in foot, ankle	Kidney	Pericardium	P 7

How does one use one-point therapy? The ideal way to use it is first to treat the pain locally and energetically, with needles, cupping, electrical stimulation, etc. After removing the local needles, **when the patient has no more needles on the body**, make the patient sit or lie comfortably before using your single needle.

The one-point needle should be placed on the affected side (for pain in the left leg, place needle on the left arm) and vibrated as constantly as possible with pauses lasting a few seconds, while the patient moves the affected limb very slowly. You can control the pain relief by asking the patient how severe the pain is on a scale of 1–10. The maximum ‘drop’ in pain will be in the first half minute, then the pain will continue to diminish slowly over the next two minutes. You can then remove the one needle. This treatment could be done each time the patient comes, at the end of the session. It works best in pains of an excessive nature (Yin excess or Yang excess). After each session, the patient will feel greatly improved, but some of the pain will return. Five to six sessions of one-point therapy would be enough, and then the pain should be treated with some tonification of the opposite polarity (for instance, if you have been sedating the Yang of the Large Intestine meridian a few times, you should then do some Yin tonification to finish off).

One-point therapy works on the principle of the superficial energy circulation. Sedation of one point sedates the energy in the meridian of the sedated point and, in the meridian of its same polarity in the arm or leg or in the meridian in front of it in the Organ Clock. For instance, say you have a backache of a Yang excess nature because of trying to lift a weight or because of a sports injury. This pain on the Urinary Bladder meridian would respond to sedation of SI 7. But if the backache started suddenly after exposure to cold, this would only respond to K 5 sedation.



In this relationship, a Yang excess in the Urinary Bladder can be sedated in two ways besides direct sedation on the meridian.

1. Sedate the Small Intestine meridian – the arm meridian of the same polarity.
2. Sedate the Kidney meridian – the meridian in front in the Organ Clock, which could block it and cause an excess. Sedating it will unblock flow on the superficial energy circulation.

Or a blocked nose could be treated with:

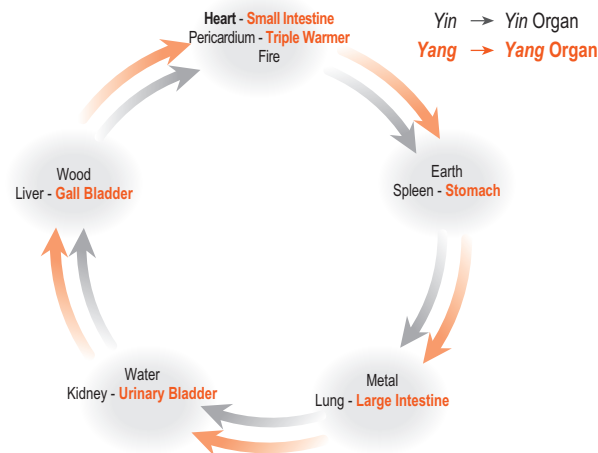
1. Sedation of LI 4, and would respond if it was because of an allergy (Yang cause)
2. Sedation of Sp 5, the same polarity leg meridian, if it was due to excessive dampness, a Yin cause.

So every meridian has two possibilities of sedation other than direct sedation on its own meridian. However, this is not true in the case of three meridians – the Large Intestine, Small Intestine and Triple Warmer. This is because their same-polarity meridians and the meridians before them are the same. Therefore:

- Pains along Large Intestine meridian can only be treated with sedation of the Stomach meridian
- Pains along the Small Intestine meridian are treated with sedation of the Urinary Bladder meridian
- Pains along the Triple Warmer meridian are treated with sedation of the Gall Bladder meridian.

6.9 DEEP ENERGY CIRCULATION

Point categories – Mother-Son Cycle



The organs of the Five Elements have between them constant energy flows at a deeper level, called the **Mother-Son Cycle** and **Controlling Cycle**. These two energy flows help maintain harmony between the organs. When they do not function properly, deficiencies or excesses occur. These imbalances can be corrected by using the Five-element points in the meridians, and sending energies from one to another, eventually to bring about a balance. Let us consider these energy flows one by one.

6.9.1 Mother-Son Cycle

The organs of the Five Elements send energy to each other in a clockwise direction in the above circle. Just like Water nourishes the growth of trees (wood), and Wood is needed to make a Fire, the organs of the Water Element nourish that of the Wood Element. The Kidney nourishes the Liver and the Urinary Bladder nourishes the Gall Bladder. There are two parallel circles, one between the Yin Organs and another between the Yang Organs. Perhaps it would have been better to call these Father-Son Cycle and Mother-Daughter Cycle! Unfortunately in old China (as in the new) a male child was precious but a girl would not carry the family name and was considered an 'it'! So we refer to the parent always as the 'Mother' and the Child always as the 'Son'.

How do we use the Mother-Son Cycle? Let us suppose that in a patient Lung Yin was deficient, and the patient had thin and dry skin, and dryness of the nose and throat. We should advise the patient to drink more water and humidify the rooms with houseplants and water containers on the radiators. In addition to this, we can also tonify Lung Yin with acupuncture.

Tonification on Mother-Son Cycle

In the Mother-Son Cycle, there are two reasons why the Spleen does *not* nourish the Lung. One reason is that the energy flow between the Mother and Son is blocked. This can be remedied by reinforcing the flow – by giving the Earth point of Lung, Lu 9. Lu 9 is called the Mother point* of Lung, as it receives the energy from the Mother organ. By doing so, we have simply unblocked the energy flow between Lung and its Mother, Spleen.

Table 6.8

Tonification points	Tonification points
Yin organs	Yang organs
Lu 9	LI 11
H 9	SI 3
P 9	TW 3
Sp 2	St 41
Liv 8	GB 43
K 7	UB 67

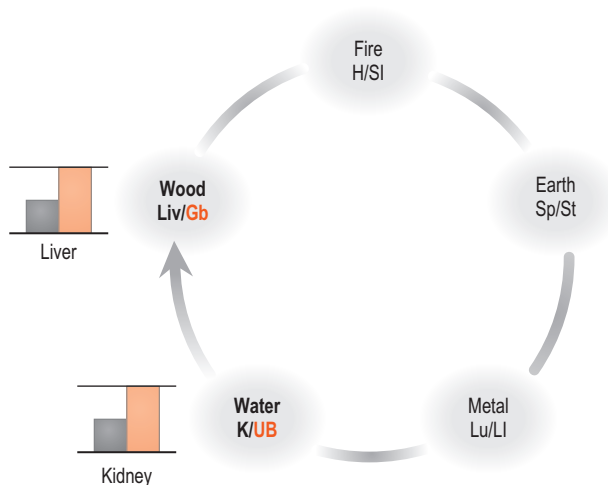
* Every organ has a Mother point. It is the point that receives energy from the Mother, and is the **best Tonification point** of that organ. When the Mother point of a Yin organ is used, energy flows in from yet another Yin organ. All Yin organs have more Yin than Yang energy in themselves, and so the energy that comes in will be more Yin and little Yang – like 90:10. But when a Yang organ is tonified, the energy that comes in will be more Yang and less Yin – like 90:10.

The Mother point or Tonification point will always work well provided the Mother organ has enough energy. But in the case where the patient is thin or malnourished, the Spleen is also weak. It is then possible that the respiratory organs and skin are dry and poorly nourished because the Mother organ has less Blood and Yin to send to the Son organ. If we find that both the Mother and the Son organs are deficient in Yin, there is no block between them – the cause for both deficiencies is the deficiency in the Mother organ. It is then possible to tonify the Spleen Yin and change to a diet that would improve the Spleen nutrition,* and the increased energy from the Mother would automatically flow to the Son.

CLINICAL EXAMPLE: MOTHER-SON CYCLE, FEMALE, 50 YEARS

A woman presented with pain of two years' duration in the finger joints, elbows, neck and shoulders, worsening with housework and working on the computer, along with hot flushes, restless sleep and night sweats. She also had pain in the muscles and tendons of the arms. She felt tense and had problems relaxing, and easily lost her temper. She could not remember when she was last happy and carefree, her day-to-day life being a constant struggle.

Well, the above patient clearly has arthritis and muscle pains in the upper joints (Yang part of the body as opposed to the hips, knees and feet in the lower part of the body). The pains worsen with activity and warming up and improve with rest. This is also characteristic of a Yang dominant pain. She is either peri-menopausal or already in menopause. All in all, she is in a chronic Yang dominant state. The affected organs, the Kidneys (because of the bones and joints) and the Liver (the muscle and tendons, the tension and irritability) are deficient in Yin.



* These foods generally produce dampness in the body – namely proteins, milk products and carbohydrates.

Treatment

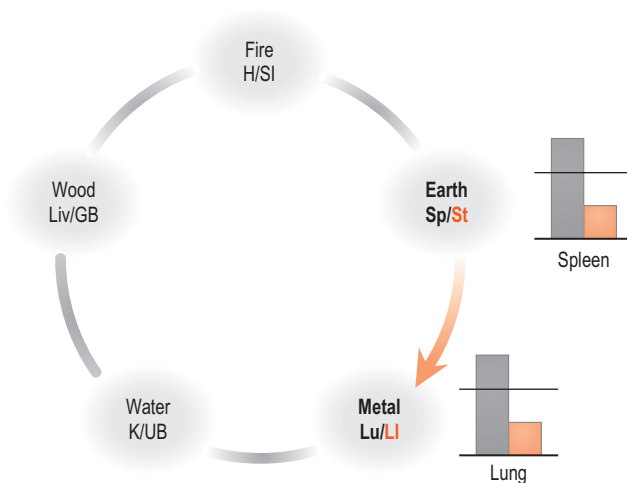
- Some Local points
- Tonify Kidney Yin with K 7 or K 10
- Advise the patient to drink more water
- Advise her to avoid coffee and red meats

As illustrated, when the Mother and Son organs are deficient at the same time, it is not necessary to tonify each of them separately, but it is sufficient to tonify the Mother organ only. The energy will flow into the Son organ and both will be tonified at the same time. If you tonify the Yin of the Mother, then the Yin of the Son will be tonified; if you tonify the Yang of the Mother, then the Yang of the Son will also be tonified.

CLINICAL EXAMPLE: MOTHER-SON CYCLE, FEMALE, 35 YEARS

An obese woman often suffered from congested sinuses and a blocked nose, with white and rather thick mucus. She tended to have a swollen face, especially in the mornings, and had noticed that the mucus and congestion were exacerbated by milk products and refined sweets. She was breathless and tired because she could not breathe freely.

The above example is a case of dampness in the respiratory system. Interior dampness anywhere in the body originates from the Spleen (p. 66). Eating excessive fatty milk products and refined sweets makes the body fluids thicker and slows down their free circulation. These thicker fluids stagnate in various places, in this patient's case in the nose and sinuses. The dampness in the Spleen causes dampness in the Lung, as it is the Son organ that receives this excess from its Mother.



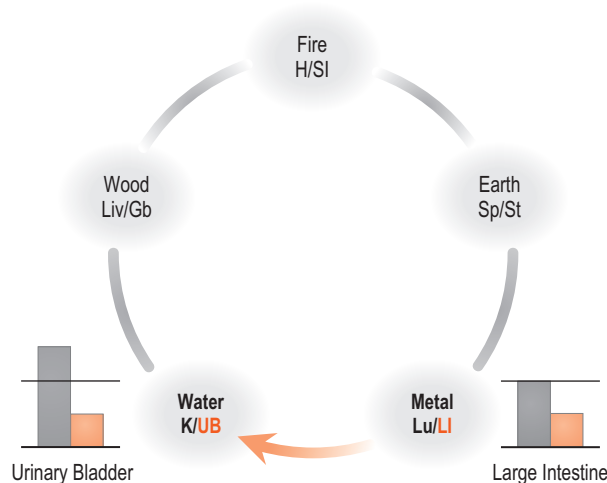
Treatment

It is necessary to treat the dampness in the Spleen in order to get rid of the mucus in the nose and sinuses. The Spleen should be treated with points to improve its functional Yang (Qi) – **UB 20 (back-Shu point of Spleen)**, and **St 40 (Luo-connecting point)**, will help circulate the dampness in Spleen, and the dampness in the respiratory system will improve automatically.

CLINICAL EXAMPLE: MOTHER-SON CYCLE, FEMALE, 18 YEARS

A young girl complained of problems with urination for four years. She was unable to pass urine even when she had a full bladder. She had been catheterized on several occasions with this problem, and now had an abdominal catheter. Though she was quite introverted and spoke very little, we also found out that she had bowel movements only once in five to six days, with laxatives. She had had menstrual bleeding only twice in her life, after the age of 14.

It seemed that the patient's Large Intestine, Bladder and the reproductive organs (which are related to Kidney and Urinary Bladder) had an elimination problem. Elimination is a function, the Yang aspect. If the Yang in the Large Intestine is improved, then the Bladder function could improve as well.



Treatment

- LI 4, St 25, TW 6 – Symptomatic points against constipation
- Point LI 4 – the great eliminator
- UB 28 – needle and cupping (back-Shu point of Urinary Bladder)
- Para-vertebral tapping of Lumbar 2 → Sacrum 4 with plum-blossom needle (this improves function of internal organs in the area, p. 443)
- Ren 3 – sedation (Mu-front point of Urinary Bladder)

As the Mother organ, the Large Intestine, improves its function (Qi), the Son organ, the Urinary Bladder, receives this Qi and its function improves as well.

All the above cases are examples of tonification of the Mother organ as a sufficient measure in cases in which the Mother and the Son are both deficient.

Sedation on the Mother-Son Cycle

Table 6.9	
Sedation points	Sedation points
Yin organs	Yang organs
Lu 5	LI 2
H 7	SI 8
Liv 2	GB 38
K 1 (5)	UB 65
Sp 5	St 45
P 7	TW 10

If an organ has an excess of Yin or Yang, it has the possibility to send the excess away to its Son. If the excess state persists, there can be two reasons for this. First, there may be a **block** in the flow between the organ and its Son organ. Second, the **Son organ may also have an excess state**, and therefore it is not possible for the energy to flow from where it is in excess to where there is again an excess.

Let us consider a case of Lung oedema, or fullness and excessive mucus in the Lung. This would be an excess of Lung Yin. It also means that the Yin does not flow down to the Kidney, which is the Son Organ. We could send this Yin away from the Lung to the Kidney by sedating (with sedation needle technique) point Lu 5, the Water point of the Lung. This will unblock the energy flow between the two organs. Sedating point Lu 5 in the Yin Organ will sedate both Yin and Yang of the Lung. But, since Lung and its Son Kidney are both Yin organs, it will sedate more of the Yin energy and only little of the Yang – like **90:10** – which is fine in this case.

But if the patient already has water retention and general oedema, then the Lung oedema or excessive mucus is because the Lung **cannot descend** water to the full Kidneys. It therefore becomes necessary to improve the Kidney function by using points UB 23 (back-Shu of Kidney), and UB 58 (Luo-connecting point) to increase urination. Or one could simply sedate point K 5.* The sedation of Kidney Yin, or the increased urination would instantly and automatically reduce the Lung oedema or the excessive mucus in the Lung.

* Point K 1 is generally not used with sedation technique, as some trials have shown that after K 1 sedation sometimes the Kidney function does not return to normal for a while. In growing children, it is forbidden to sedate Kidney or Urinary Bladder, as this energy is needed for bone growth. In adults, when Kidney Yin needs to be sedated, one could sedate point K 5, the Xi-cleft point.

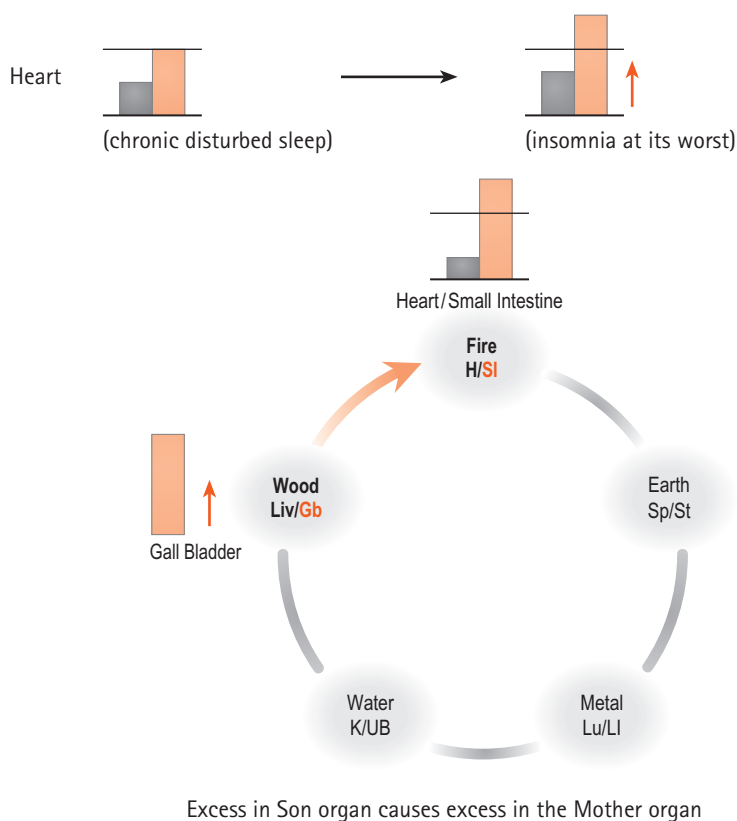
CLINICAL EXAMPLE: MOTHER-SON CYCLE, FEMALE, 34 YEARS

A highly qualified doctor had two major problems – **insomnia and migraine headaches**. Since her teenage days, she had suffered from insomnia following late nights and intensive periods of studying for school examinations. When the exams were over, she could not get

back to her normal sleeping times. Initially, as the examinations were only once during each term, the insomnia also became worse only in this period. But when she entered medical college, she had to study much harder and later into the night, and her insomnia worsened and became a permanent problem. Now she was a senior doctor with no more examinations to pass, but she still had a cyclical form of sleep problems.

Her sleep was generally superficial and disturbed. But it would gradually worsen into completely sleepless nights. At the worst of this time, she would get her migraine headache. The pain started at point GB 14 on the right side, and within 30 minutes it would spread to the whole head. She described it as a million needles pricking her all round. She became very restless and agitated with the headache and no medication helped. The last helpful treatment has been a morphine injection, which would gradually ease the pain and she would fall into a deep sleep. Her sleep pattern would then improve for a few days. But after only four to five days, the whole cycle would be repeated again.

When the above patient came to me, she had been having migraines about twice a month, had given up her job, and was looking for a cure in Asia. I first treated her during her migraine headache – and then realized that it was best to treat her during the interval period and not at the worst time. This patient's basic problem was the insomnia. Years of less sleep and intensive mental work had used up her Heart Yin. This Heart Yin deficiency has resulted in a chronic Yang dominant state that caused the insomnia and mental restlessness. As the insomnia got worse, the Heart Yang rose. The excess Heart Yang blocked the Liver and Gall Bladder energies from flowing through. The result was a Gall bladder Yang excess headache following severe insomnia.



Treatment

- Concentrate on treating the insomnia
- Tranquillizing points such as **Du 20, P6, Extra points An Mian, UB 62** – but not H 7, as it is also the Sedation point of Heart, and we have a Yin deficiency
- **Point H 5** – Luo-connecting point of Heart, is the best point here as it tonifies Heart Yin, but also sedates Heart Yang, so it prevents Heart Yang rising*
- **GB 14** – as Local point where the headache begins
- **GB 20** – as Symptomatic point for the headache

We started the treatment after the end of a migraine, when she was sleeping well. Treatment was given in the evenings daily for a period of five to six days. Then we stopped for a few days, and restarted when the sleep pattern became disturbed. After treating daily for three to four days, the insomnia was again better. We made another break in the treatment and restarted when the sleep became disturbed again. We repeated this several times over the next two months, and thus broke the cyclical pattern of the insomnia. She never got her migraine again. In this way, we cured the migraine **without actually treating the migraine**. This shows that by treating the excess in the Son organ, we could prevent an excess state in the Mother organ.

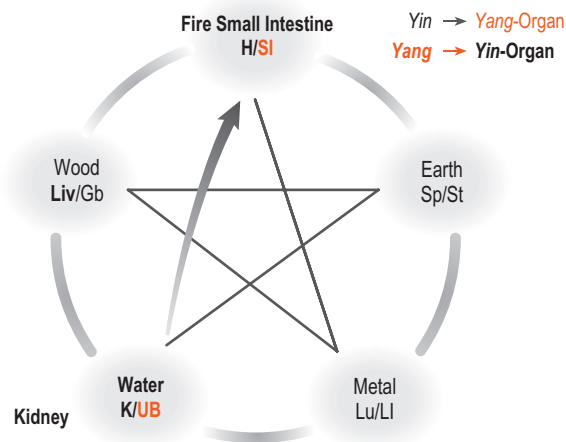
When an organ has a Yin deficiency, its Yang is not controlled well and has a tendency to rise easily. If we now tonify the Yin of the Heart or the Liver using points H 9 or Liv 8, the Yin of these organs will improve. But the Yang will also increase – it may be only a slight increase – but enough to cause the Yang excess symptom of worse insomnia or conjunctivitis, as the case might be. In fact this is why **the Mother points are called ‘the best Tonification points’ of an organ – because they tonify both the Yin and the Yang aspects**.

When you wish to tonify the Yin aspect only, without the complication of the Yang rising, it may be better to use the ‘House-element point’ (the Horary point or the point belonging to its own element – in the above cases, points H 8 or Liv 1). The same applies to the sedation points on the Mother-Son Cycle. Sedation of Liv 2 is sedation of Liver Yin and Yang – in fact more sedation of Yin than of Yang. When we use Liv 2 for sedating the Yang of Liver, we must remember that the Liver Yin will go down considerably, if we can afford this to happen.

6.9.2 Controlling Cycle

The Mother-Son Cycle and the Controlling Cycle both function as part of the deep energy circulation, which means **the polarity of the energy remains the same as it is from where it starts – no matter where it flows to**. This means, that if Kidney Yin was in excess, it has the possibility to flow to the Urinary Bladder (coupled Yang organ), to the Liver (Son Yin organ), and to the Small Intestine and Triple Warmer (the two Yang organs controlled by the Kidneys). Whichever organ this excess Yin flows into, it will remain as Yin, and increase the Yin energy of those organs as well. This is necessary, as it is only possible to control Yang with Yin and vice versa. If Kidney Yin flows into the Fire Element and changes to Yang, then it cannot control the Fire. It needs to retain its polarity in order to carry out its controlling function.

* A word of caution: when using the Mother points as Tonification points, it is important not to forget that these points tonify both the Yin and the Yang energies, even though they tonify more of the ‘house energy’ (Yin energy for Yin organ and Yang energy for Yang organ). This may sometimes cause certain problems, for example in a patient who has dry eyes with a tendency to conjunctivitis, or a patient with chronic insomnia who can be quite anxious and excitable.



The following explanation of the function of the Controlling Cycle is very exact and technical. Please take sometime to understand it, as it will be very useful for energy balancing.

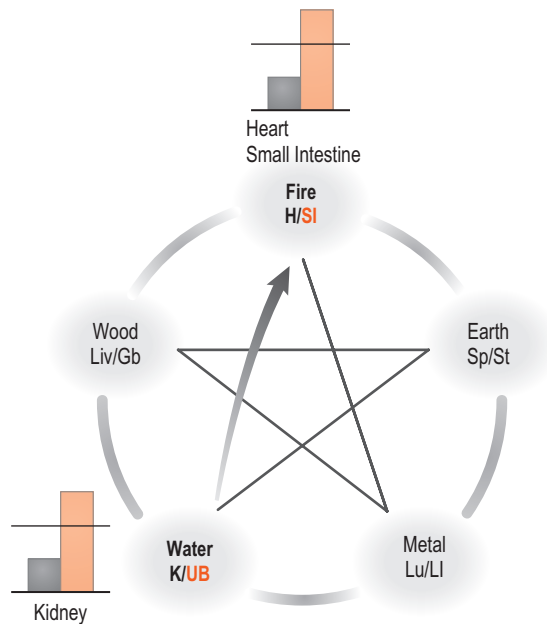
We have representations of both Fire and Water in the body. The Fire Element has its Yin and Yang organs, and it is the Yang organ that more represents the Fire; the Water Element has its Yin and Yang organs as well, and it is the Yin organ that more represents the Water than the Yang organ. So when we say that Water controls Fire, we mean that the Kidney controls the Small Intestine (and the Triple Warmer). This also means that there should be an energy flow between the Kidney and the Small Intestine (and the Triple Warmer).

The Kidney has its Yin and Yang – the Yin represents the Water whereas the Yang represents the movement of water. The Small Intestine has its Yin and Yang – Yang represents the Fire while the Yin represents the core or the substance that makes the Fire. When Kidney Yin is deficient, there is less Water available to flow to the Fire – especially to the Small intestine. This can cause chronic heat symptoms in the Small Intestine, such as colicky pains with winds, urgency to defecate, or pain following consumption of coffee or alcohol. It can also cause symptoms of Heart Yang excess, such as hyperactivity in children, menopausal hot flushes, insomnia, tachycardia, etc.

The treatment is to balance the Fire with H 5 (Luo-connecting point) and SI 4 Sedation (Yuan-source) point; and to tonify Kidney Yin with K 7 and Water and by avoiding caffeinated and diuretic drinks.

Kidney Yin fails to control the Yang of Fire

This shows that a Yin deficiency in a Yin organ may be the cause of an uncontrolled Yang in the 'Grandson' organ, as it depends on the 'Grandmother' organ for its Yin. We can relate to this here because of the Fire and Water theme discussed above. But it applies to all the other organs as well.



CLINICAL EXAMPLE: CONTROLLING CYCLE, MALE, 37 YEARS

A man suffered from recurring burning pain and acid reflux from the Stomach. He was thin, and often felt hungry. His pain appeared when he was hungry, and disappeared after he had eaten some bland food. He was a very tense and nervous person, getting easily angry and losing his temper when he was hungry and when he was in pain.

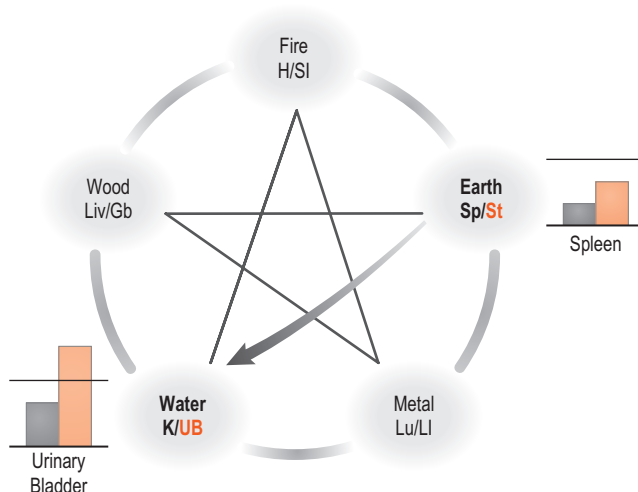


This is a case where the Liver Yin is deficient and cannot control the Stomach Yang. The Stomach Yang can rise easily because there is not enough Yin in the Stomach, or in the Liver to send to the Stomach. If there were no Liver symptoms,

then we could have balanced only the Earth Element, with points **St 42 Sedation (Yuan-source) point** and **Sp 21 Tonification (Luo-connecting point)**. As the Liver is also involved – as we could note from the symptoms – we need to tonify the Liver Yin as well, preferably with the House-element point **Liv 1**. It is also important to advise the patient to eat more proteins, cheese and milk products, so that the emptying time of the Stomach is delayed.

CLINICAL EXAMPLE: CONTROLLING CYCLE, FEMALE, 27 YEARS

A young woman had had several spontaneous abortions. Since she was 23, she had become pregnant six times, but never carried the pregnancy through more than a few weeks. She was rather athletic, slim and ate mostly fruits and salads. Her menstrual cycles were 24–26 days long, and she tended to bleed rather heavily. She had a 9-year-old daughter. Her mother lived in Scotland, and she flew to see her quite often; in fact, two miscarriages occurred after a flight. A very busy woman, she was determined to have another baby, and kept trying again and again.



The uterus is directly related to the organ Urinary Bladder, and the above patient's uterus had a problem holding and continuing to nourish a pregnancy. The uterine endometrium did not proliferate and thicken as it should during pregnancy.

This is a Yin (and Blood) deficiency. The Yang, however, is hyperactive, and eliminates the fetus. There is insufficient Yin to control the Urinary Bladder, a Yang organ. The Yin and Blood of the Urinary Bladder may be deficient because the Spleen is poorly nourished. Also, the fact that the patient was always rushing around may not help the Kidney Yin.

Treatment

The initial treatment consisted of changing the patient's eating habits. She was asked to eat more cooked and warm food, mainly grains, proteins and cooked vegetables, instead of salads. She became quite depressed when she had to cook her fruits! Then she had to reduce her sports, doing only Tai Chi and swimming in moderation. She

had to do this not only during pregnancy, but also as she prepared for one. She was asked to wait six months before she became pregnant, while she prepared a more damp and cool environment in her reproductive system for a baby.

The points in this patient were:

- To tonify the Spleen Yin – Sp 3, Sp 6 and St 43
- To tonify her Kidney and Urinary Bladder Yin – Ren 3 (Mu-front point of the Urinary Bladder), K 4 (Luo-connecting point), and UB 40

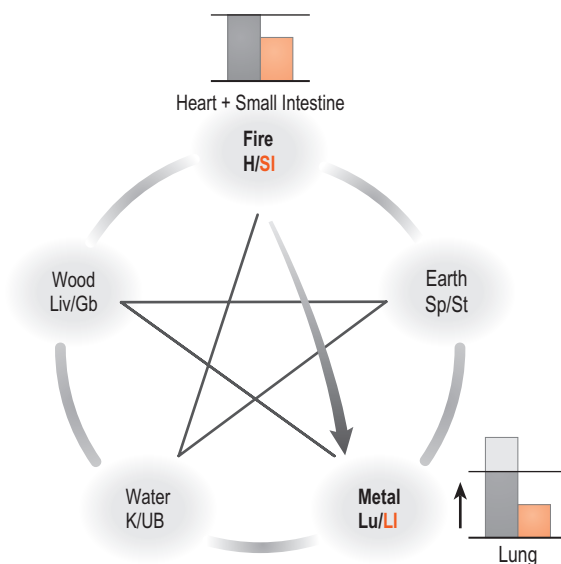
The above examples illustrated Yin deficiencies causing hyperactive Yang in the controlled organ. Let us now look at stagnation/retention of Yin caused by Yang deficiencies.

CLINICAL EXAMPLE: CONTROLLING CYCLE, MALE, 23 YEARS

One of my patients was a young German man I saw on two different occasions – once during the winter in Germany, and once in the very hot climate of Sri Lanka. He had had asthma since childhood, mainly in winter. It was constant in winter, but worse during the night and early mornings, and on wet days. He had cough with white sputum. He was a pale, small-statured young man of few words and he rarely smiled.

Treatment

In Sri Lanka I treated the above patient for a Yin-type asthma with Yang deficiency in the Lung. However, when I saw him later in Germany during the winter, he was no better. I felt that his problem was more to do with the winter climate, and that the cold was the reason for his Yin state in Lung. I had excellent results with tonifying his Heart Yang. His Lung Yang would not improve as his Heart Yang was deficient, and this made him extremely vulnerable to the cold weather. The Small Intestine and Triple Warmer, the Yang organs in the Fire Element, should send Yang to the Lung, in order to control its Yin.



I tonified the Heart and Small Intestine Yang with the following treatment:

- **UB 15** – back-Shu of the Heart
- **UB 13** – back-Shu of the Lung, with hot needles
- **SI 3** – Tonification point of the Small Intestine
- **TW 3** – Tonification point of the Triple Warmer
- **Lu 10** – Fire point of Lung
- **LI 11** – Tonification point of the Large Intestine
- **Ren 17 moxa** – Influential point of the respiratory organs
- **P 6 and Ren 22** – Symptomatic points

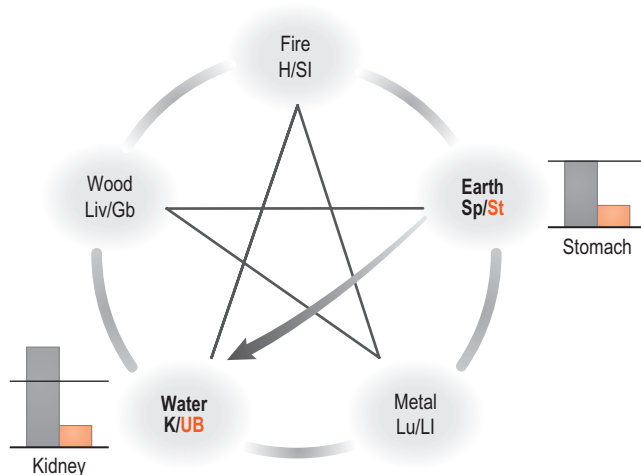
CLINICAL EXAMPLE: CONTROLLING CYCLE

A young couple came with the problem of infertility. She was 32, had never been pregnant before, and was diagnosed as having polycystic ovaries, with irregular menstrual bleeding about four times a year. He was 35, obese and had a low sperm count. They had been trying for eight years to have a child. Having tried various therapies without success, they were sceptical but willing to try acupuncture.

Ovarian cysts and uterine fibroids are, as all tumours, considered to be a stagnation of dampness. Soft tumours are more Yin, and solid or hard tumours show more Yin deficiency and heat and are considered to be potentially cancerous.

In the case of soft tumours, this stagnation of dampness in the Water Element needs Yang and Qi to circulate and eliminate it and some of this Yang and Qi should come in from the Earth Element. The Kidneys have two Mothers (p. 162), the Mother organs for the Water Kidney are Lung and Large Intestine; and the Spleen and Stomach are the Mother organs for the Reproductive Kidney. So when treating to improve the function of the reproductive system, we should always make sure that the Earth Element functions well and has sufficient warmth.

Infertility – failing to become pregnant, poor erection, low sperm motility – these are all symptoms of Yang and Qi deficiency in the Reproductive Kidney. This Kidney Yang depends on Urinary Bladder and Stomach for its Yang.



Treatment

Her treatment

- UB 23, 28 – back-Shu of Kidney and Bladder, needle and cupping
- Ren 3 Moxa – Mu-front of Urinary Bladder, St 29 (Local)
- St 40 – Luo-connecting point for the Stomach, removes stagnation of dampness
- K 3 – Earth point – takes in Yang from the Stomach
- UB 58 – Luo point of Urinary Bladder, removes stagnation), sometimes alternated with UB 67 (Tonification point)

After three sessions a month for six months, the woman's periods became more regular at around every 35–42 days. She conceived within a year. After the baby, her periods were normal but she had problems conceiving again. The same points were repeated for three sessions in one month. She became pregnant a second time.

His treatment

The man was treated for 10 sessions, given nearly daily, for one course. His points were the same as given in male infertility (p. 349). The treatment was not repeated again.

You have so far been reading examples of deficiencies on one side of the Controlling Cycle causing lack of control on the other side. Sometimes it is not a deficiency, but just a 'block', where the energy from one side cannot get to the other side. In this case, it is a simple point – the 'Grandmother point' – that will unblock the energy and make it flow through. For instance, in the case of infertility, it would have been

Box 6.9 Points to tonify the Yang of Yin organs

Lu 10 (the Fire point)	← Small Intestine and Triple Warmer
K 3 (the Earth point)	← Stomach
Liv 4 (the Metal point)	← Large Intestine
H 3 (the Water point)	← Urinary Bladder
P 3 (the Water point)	← Urinary Bladder
Sp 1 (the Wood point)	← Gall Bladder

Box 6.10 Points to tonify the Yin of Yang organs

LI 5 (the Fire point)	← Heart and Pericardium
UB 40 (the Earth point)	← Spleen
GB 44 (the Metal point)	← Lung
SI 2 (the Water point)	← Kidney
TW 2 (the Water point)	← Kidney
St 43 (the Wood point)	← Liver

Box 6.11

The main difference in energy flow between the Mother-Son Cycle and Controlling Cycle are that while in the Mother-Son Cycle energy flows from Yin to Yin organ and Yang to Yang organ, in the Controlling Cycle energy flows from Yin to Yang organ and Yang to Yin organ. What is similar is that in both cycles the energy that flows out of a meridian retains its polarity.

sufficient to give point K 3 the Earth point, in order to get Yang flowing into the Kidneys from Stomach. It would not have been necessary to tonify Stomach Yang. In the earlier case of asthma in winter, it would have been enough to use point Lu 10, the Fire point of Lung, to increase its Yang. If the Small Intestine and Triple Warmer had normal Yang, it would not be necessary to tonify these organs at all.

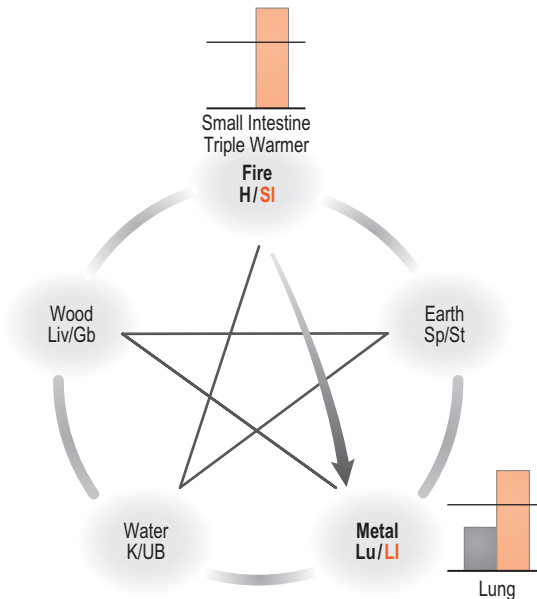
All meridians have a special point – the ‘Grandmother point’ – which can increase the opposite polarity in them. They will work if there is energy in the ‘Grandmother organ’.

Just as there are problems of insufficient control when there is a deficiency, there is also a problem of excessive control if there is an excess.

Example: Controlling Cycle

Eczema: thin, dry skin with red, inflamed and itchy lesions.

The Lung is a Yin Organ, and its Yin is over-controlled by the Yang. This Yang could be coming from excess Yang in the Fire Element. Often patients with neuro-dermatitis are restless, may have a high-pitched voice and talk very fast. They can have problems going to sleep, and can have pruritus in bed. This is a Heart Yang pattern.



As the Fire Element generates interior heat and sends the excessive heat to over-control the Lung Yin, we need to **sedate SI 8 and TW 10 in order to bring down the Heart Yang**. We also must balance the Lung by tonifying its Yin and sedating the Yang.* It is quite possible that a patient with eczema can have this skin type but

* Normally, the points taken into consideration in this situation would be **Lu 7 (Luo-connecting point)** and sedation of **LI 4 (Yuan-source point)**. However, in this case there is an exception. Eczema and allergic asthma are interior–exterior manifestations of the same organ system. The pathogenic factor is in the exterior during the skin disease and could move inwards during asthma. A Luo-connecting point of a Yin organ moves the energy from the outside (Yang) to the inside (Yin). If the patient has eczema but no asthma, then a Luo-connecting point of a Yin organ should not be used. It may cure the skin problem, but the patient could now get asthma. In this case, points **Lu 8 (Own-element point)** can be used to tonify Yin and **LI 2 sedation** for sedating the Yang. For more details about treatment of neuro-dermatitis, see page 329.

not have any problems with the Fire Element. If this the case, then it would suffice to balance the Lung alone.

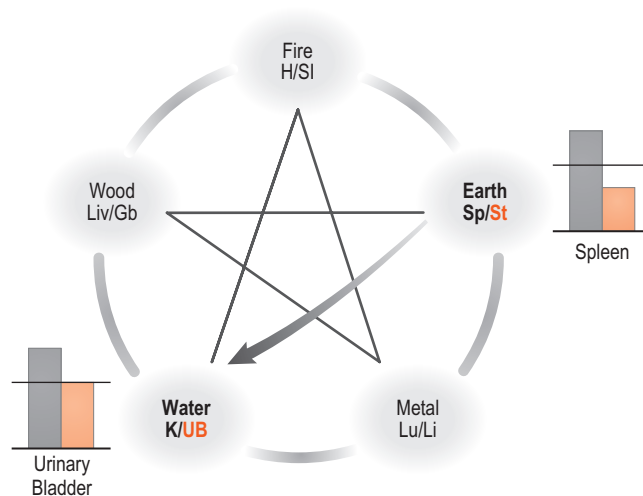
An excess of Yin in a Yin organ (or Yang in a Yang organ) can flow in three ways:

1. To its coupled organ (this is of the opposite polarity)
2. To its Son organ (this is of the same polarity)
3. To its Grandson organ (also of the opposite polarity)

Where it will flow depends more on where there is the greater deficiency. It would stop flowing when all these organs have filled their Yin to an equal level. Generally, an excess in an organ seems to affect its coupled organ and the organ it controls in a similar way.

CLINICAL EXAMPLE: CONTROLLING CYCLE, FEMALE, 39 YEARS

A female patient presented with fibroids and pressure discomfort on the Bladder. She was rather plump, with oedema of the hands, feet and face, which improved in the latter half of the day. Her menstrual cycles were between 40 and 60 days, and she tended to have heavy bleeding with many clots.



In this patient, there is excessive damp stagnation in the Spleen, which flows to Urinary Bladder on the Controlling Cycle (the uterus is governed by Urinary Bladder), causing stagnation there – the fibroids. This stagnation can cause a heat reaction (Yang rising to control Yin) – the occasional excessive bleeding. The clotty bleeding shows this stagnation of Blood as well.

Treatment

- **For the Spleen** – Sp 8 (Xi-cleft point), St 40 (Luo-connecting point), UB 20 (back-Shu point)
- **For the uterus (UB)** – UB 28, needle followed by cupping (back-Shu cupping removes stagnation); UB 58 (Luo point) – against the damp stagnation in the uterus
- **For the Liver** – GB 37 (Luo point), circulates the stagnant Blood
- **Sp 6** – Distal point for lower abdomen
- Advise patient to avoid damp-producing foods

Box 6.12

Every Yang meridian has on it a point – its 'Grandmother point' – that will tonify its Yin.

For instance, if energy flows out of Kidney (a Yin organ), whether it flows into Liver, which is the Son organ, or flows into the Small Intestine – the Yang Organ it controls, it will always increase the Yin in these organs. This is the deep energy circulation, which means the energy does not change its polarity.

For this reason, the Controlling Cycle is an excellent way to tonify the opposite polarity of an organ. The Yang Organ Large Intestine receives its Yin from its coupled organ the Lung and, in the Controlling Cycle, from the Heart and the Pericardium – the Yin organs in the Fire Element. So, point LI 5, the Fire point of Large Intestine, tonifies its Yin.

Each meridian has many connections with many other meridians. Some of these connections are on the superficial energy flow; some are on the deep energy flow. When changes occur in the energy status of one meridian, it has a snowball effect on all the other meridians it is connected with. This is why clinically we notice that one illness/surgery/symptom is the starting point of many problems, and this order of disease or appearance of symptoms cannot be explained by the conventional schools of medicine. In fact, it is thought that there is no connection between these symptoms. If you look at it from the TCM point of view, you will see that not only is there a connection – **but also that these symptoms could have been predicted and, more importantly, prevented.**

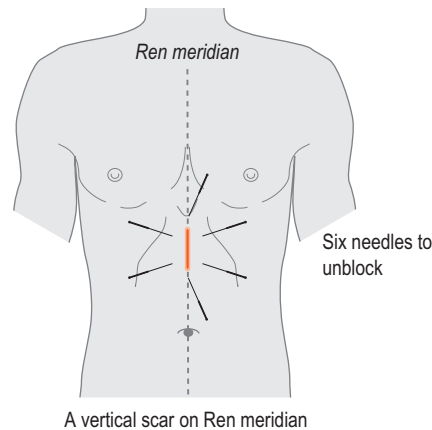
CLINICAL EXAMPLE: SCAR BLOCKS, MALE, 56 YEARS

A man suffered from insomnia, tinnitus, and restlessness, and could not relax even when he was very tired. He was not a smoker, but he required a drink of whisky to help him fall asleep. He would then wake up in about two hours, or when the effect of the alcohol has passed, and was again restless. He had had these symptoms for the last four years or so.

On examination, the above patient was found to have a scar on the Ren meridian, between the xiphoid and navel. When asked about it he mentioned a perforation repair of a Stomach ulcer, five years previously. This small finding had a tremendous effect on the diagnosis and treatment prognosis. The scar on the Ren meridian – the most Yin meridian of the body – blocks the Yin from coming to the upper part of the body; the upper part of the body lacks Yin to control its Yang. The Yang has a tendency to rise to the upper body, and the patient now did not have enough Yin to control the Yang. As a result, we have the Yang dominant symptoms of restlessness, insomnia and tinnitus of a Kidney Yin deficient type.

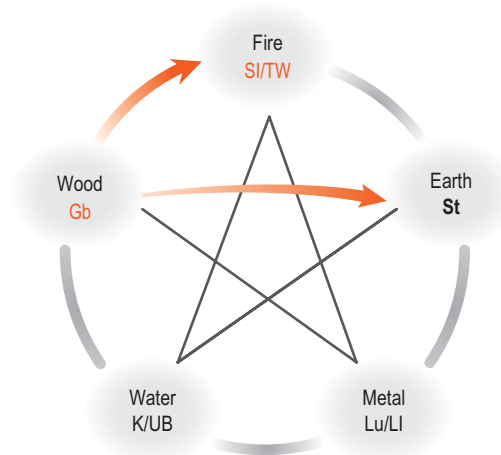
Treatment

The patient was treated with Symptomatic points such as Du 20, Good Night, P 6, UB 62, and Liv 3, and his scar was unblocked.



Sedation on the Controlling Cycle

Let us now take a look at the last Five Element Connection. Just as each meridian has a Tonification point and a Sedation point on the Mother-Son Cycle, each meridian also has a Tonification point and a Sedation point on the Controlling Cycle. The difference is that the Tonification point on the Mother-Son Cycle tonifies more of the 'house energy', whereas the Tonification point on the Controlling Cycle tonifies the opposite polarity of the meridian. The similarity is that the Sedation points in both cases sedate mainly the 'House Energy' of the meridian.



In the figure above, one can see that the Gall Bladder has two directions of energy flow:

1. To the Small Intestine and the Triple Warmer – the Son Yang organs
2. To the Spleen – the Grandson Yin organ

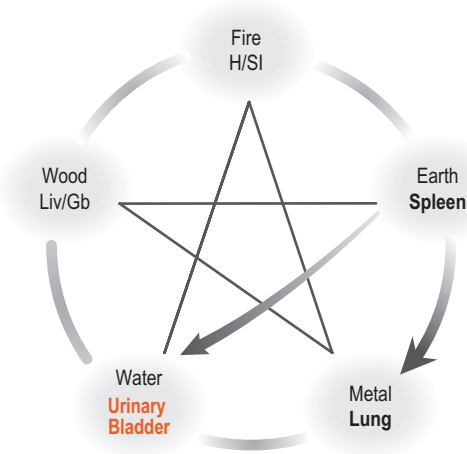
If you wish to sedate the Yang of the Gall Bladder, you could:

- Sedate GB 38 – the Son point (or Fire point)
- or
- Sedate GB 34 – the Grandson point (or Earth point)

Both points would sedate Gall Bladder Yang, and as far as the Gall Bladder is concerned it would not make a difference. But different organs will receive this energy from Gall Bladder. And whichever organ this energy flows to – it will increase

the Yang in that organ. It would also make better sense to send this excess Yang from the Gall Bladder to one of these organs with a greater deficiency in Yang. These are very useful points to send energy around from one meridian to any other meridian as is necessary. If the patient needs Gall Bladder Yang to be sedated in order to treat recurrent migraine headaches, then it would be important to send this excess energy away to an organ that is deficient in Yang, not to an organ that already has enough. Therefore we should pause before we decide which point we should sedate, for the treatment to be successful in the long term. If this patient has sleep problems – is restless at nights – and hyperactive during day, he has a Yang dominant state in Heart. Sedating the Fire point of Gall Bladder would send more Yang to the Small Intestine and the Heart, the energy will not settle there but shuttle back and forth. But if this patient has no heat symptoms in the Stomach and Spleen, it would be better to sedate the Earth point on the Gall Bladder – sending the Yang into the Spleen.

Or, as in the above figure, the Spleen sends its dampness away in two directions: to the Lung to nourish and make the skin and respiratory system damp; and downwards to the Urinary Bladder. When we need to sedate the dampness off the Spleen, we can:



- Sedate Sp 5 (the Metal point)
or
- Sedate Sp 9 (the Water point). Sp 9 is called 'Lasix point' because it causes diuresis – as it sends the fluid directly to the Urinary Bladder to be eliminated.

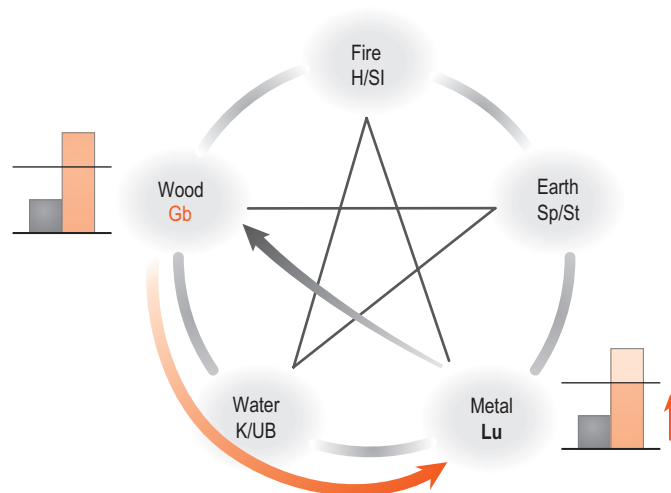
In both cases, sedation of the Spleen sedates the Spleen Yin. And both the Lung and Urinary Bladder receive Yin from the Spleen.

Box 6.13 Additional points to sedate Yang of Yang organs on Controlling Cycle

Sedate SI 1 Metal point	→	Lung
Sedate TW 1 Metal point	→	Lung
Sedate St 44 Water point	→	Kidney
Sedate LI 3 Wood point	→	Liver
Sedate UB 60 Fire point	→	Heart, Pericardium
Sedate GB 34 Earth point	→	Spleen

Box 6.14 Additional points to sedate the Yin of Yin organs

Sedate H 4 Metal point	→	Large Intestine
Sedate P 4 Metal point	→	Large Intestine
Sedate Sp 9 Water point	→	Urinary Bladder
Sedate Lu 11 Wood point	→	Gall Bladder
Sedate K 2 Fire point	→	Small Intestine, Triple Warmer
Sedate Liv 3 Earth point	→	Stomach

6.9.3 Counter-powering Cycle

In the above diagram, the Lu Yin is deficient, and is therefore, unable to send Yin to the Gall Bladder and control its Yang. As a result, Gall Bladder Yang rises. This means the Controlling Cycle is not functioning well. If Lung does not control the Gall Bladder on the Controlling Cycle, and if the Gall Bladder Yang gets higher than the Lung Yang – then Gall Bladder Yang will control Lung Yin. Gall Bladder Yang would flow to the Lung, controlling Lung Yin and increasing Lu Yang. Because this energy flow occurs in the opposite direction to the normal flow, it is called **Counter-powering Cycle**. When energy flows in the opposite way, it is called ‘death’. The treatment must aim to restore the normal direction of energy flow.

Treatment

The points would be:

- GB 38 sedation – we should disperse the excess Gall Bladder Yang and send in the normal way.
- Lu 1 (Mu-front) and Lu 7 (Luo point) – to tonify Lu Yin to reassert control of Lung Yin on Gall Bladder Yang.

This explains why wind symptoms manifest mostly in the Lungs and skin, even though internal wind is generated by the Liver.

Example: Counter-powering Cycle

Hepatitis with jaundice and pruritus is a good example for this counter-flow. Not every patient who has hepatitis gets skin irritation. Only those patients who have Lung Yin deficiency with very dry skin will suffer these symptoms. This means that if wind symptoms manifest on the Lung, the Lung must be quite Yin deficient. **Energy always flows from where it is in excess to where it is deficient.** If the Lung Yin was in a strong position, it would flow to the Gall Bladder, and control its Yang, and indirectly, also the Yang of the Liver.

6.10 THE FIVE-ELEMENT POINTS

There are many ways of using the Five-element points. Two ways are to use the nourishing relationship and the controlling relationship as we just did. But there are many other possibilities. As acupuncture developed independently in many parts of China, many interpretations of the TCM laws also developed.

6.10.1 Using the Five-element points for influencing energy according to elements

For instance, some schools use the Five-element points according to the energy of the Element:

- Tonifying the **Fire point** of a meridian to increase heat and activity and sedating it to disperse heat and cure inflammation, e.g. Liv 2 tonifies or sedates Yang.
- Tonifying the **Earth point** to improve nutrition and sedating it to eliminate dampness, e.g. Lu 9 can be used to tonify Lung Blood or sedate Lung dampness.
- Tonifying the **Metal point** in order to improve dispersion and elimination and sedating it to control these functions, e.g. point H 4 could be tonified or sedated in order to increase or decrease sweating.
- Tonifying the **Water point** to improve the moisture in an organ, to cool and soften it, or sedating it to eliminate the thin fluids, e.g. Lu 5 can be tonified or sedated so it can either hold on to water or descend it to the Kidneys.
- Tonifying the **Wood point** to improve tension and movement in an organ and sedating it to reduce tension and to calm an organ.

The same points are used for tonification and sedation, but with different needle techniques.

6.10.2 Using the Five-element points according to seasons

As the Five Elements are associated to the five seasons, there is also a possibility to use them not according to which energy is affected but depending on the season in which the symptoms manifest. For example, if respiratory disease manifests in spring, then the Wood point of Lung (Lu 11) should be used; if symptoms show up in winter, then the Water point of Lung (Lu 5) must be used, and so on.

This method is not so useful in illnesses that appear all year round.

6.10.3 The Five-element points as Antique points

The Five Element points are the oldest of the energy-balancing points. For a very long time in the past, acupuncture was used mostly as symptomatic treatment. As the understanding of TCM deepened and the meridian system developed, it was thought to be possible to actually influence the quantity and the nature of the energy by using

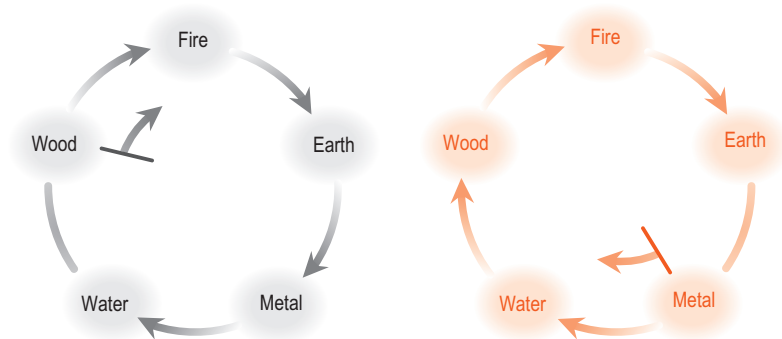
needles. It was at this stage that the Antique points were used. It is said that the reason why these points are all on distal parts of the limbs was to help the Chinese healers treat the women in the Emperor's court. Apparently, they were not permitted to see these women, and the women had to have the arms and legs extending through an opening in a curtain for needling. This way the healers could also feel the pulses of their patients before and after treatment, to ascertain they were improved.

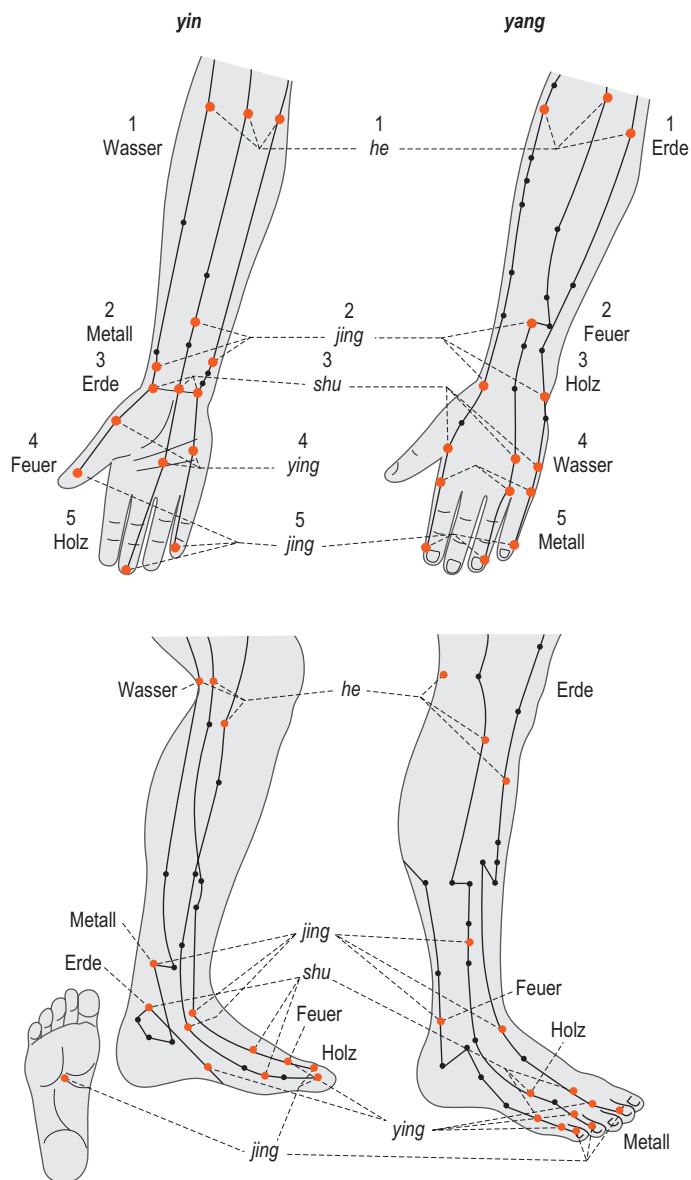
The Antique points were called by names of waterways such as **Well**, **Spring**, **Stream**, **River** and **Sea**. The points at the fingers or toes were the Well points – these were said to be superficial points to access an organ system. The momentum and depth of the energy flow increased with the Antique points as they moved towards the elbow or knee, and the last of these points – the Sea point – situated at the elbow/knee was the deepest point of the meridian and corresponded with the internal organ.

Table 6.10

	Localization on arms	Localization on legs
Jing-well point	At finger nail	At toe nail
Ying-spring point	Distal to metacarpophalangeal joint	Distal to metatarsophalangeal joint
Shu-stream point	Proximal to head of metacarpal	Proximal to head of metatarsal
Jing-river point	At wrist joint	At ankle joint
He-sea point	At elbow	At knee

Well point → Spring point → Stream point → River point → Sea point





In Yin Meridians, the Well point is the same as the Wood point. The energy then flows a full round and flows into the Sea point, which is also the Water point.

Yin meridians

WOOD → FIRE → EARTH → METAL → WATER

Well point Spring point Stream point River point Sea point
Lu 11 10 9 8 5

This means that if there is a superficial disease in the Lung – such as a common cold, sinusitis or a pharyngitis – we should be using the Well point, Lu 11, while if there would be a disease in the organ Lung – such as asthma, tuberculosis or emphysema – then one should use the Water point of Lung, Lu 5. Even in the case of bleeding therapy, one must bleed point Lu 11 for treating dry cough, and perform venous bleeding at Lu 5 in case of pneumonia.

Yang meridians

METAL	→	WATER	→	WOOD	→	FIRE	→	EARTH
Well point		Spring point		Stream point		River point		Sea point
LI 1		2		3		5		11
ST 45		44		43		41		36

Again, if there is a superficial problem in the meridian, we should use the Well point, and for deeper problems, the Sea point, and for problems in the intermediate areas – the points in between. As an example, for herpes or inflammation of the lips the Well point St 45 should be used, and for Stomach pain or vomiting St 36 can be used; the points in between may be used for oesophagitis or achalasia and spasm of the oesophagus.

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CHAPTER 7

Diagnosis

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To be able **to diagnose** the energy status of the patient and his or her disease, it is important to take a thorough history and also do a detailed examination. Even if the patient has had a recent illness, or a musculo-skeletal pain for which intensive energy balancing is not necessary, certain questions need to be asked. After all, we are treating a person with local pain/recent disease caused by an injury/ climatic factor. This **person** could still have a problem with sleep, with feeling cold all the time, with constipation or nervous diarrhoea, etc., and this needs to be treated for the patient to feel a sense of well-being. It is important, at all times, to remember that we are treating an individual with their own particular history and problems that may not be immediately related to the symptom with which they came to us. **A good treatment is when we treat the problem and treat the person.** Too many therapists treat only isolated regions of the patient's body because they fail to see that this isolated problem is in a unique person's body. We take the problem out of the patient's body – and then the problem does not even exist for real any more. I feel very strongly about this way of treating 'only the problem the patient comes with for treatment', and therefore I present here some cases to substantiate my point.

CLINICAL EXAMPLE: SHOULDER PAIN, MALE, 49 YEARS

A man came with pain in the right shoulder radiating to the arm. He worked on a carousel, although the manual job was not particularly heavy. He had been having pain on and off for more than a year, but this time it had lasted over 2 weeks. He had taken time off work, and was on anti-inflammatory medication, which he has been taking at more than the prescribed dose and had been having Stomach pains because of the medication.

On observation, he was rather hunched forward in his upper back (though he could straighten himself). Although a tall man, he had been working for many years in a bent posture and seemed to hunch most of the time. His thoracic back seemed to hunch up until the C7 vertebral prominence, and then it seemed to form a rather acute angle with his neck.

I have seen this curvature of thoracic spine in many patients. Sometimes it is a fixed kyphosis, and sometimes it is just bad posture. In some patients – mostly women – there is also a large oedematous lump over the C7 vertebral prominence, which makes the symptoms more constant. These people keep their head and gaze directed downwards most of the time, only looking up when necessary. When they do look up or when they raise their arm, the acute angle at C6–7 worsens, causing pressure on the nerves that supply the shoulder and arm – hence the radiating pain. They have constant pressure on their trapezius muscles. There is also weakening (sometimes even atrophy) in the shoulder and deltoid muscles, which means that every time they use their arms, they are straining the neck directly.

If we cannot work on the problem of posture, then there would be no permanent solution to such patients' shoulder pain and weakness of the arms. Why do they hunch? Is it that they have low working areas? Are they depressed? Or do they have a low tension on the Du meridian that runs along the vertebra, the Yang of which should keep our back straight?

Whatever the reason, we should be able to help patients like the man in the example above.

First, we should make them aware of the problem. We could strengthen the Yang of the Vertebral column with a moxa cigar. We can treat depression with tonification of the Yin and Yang of the Heart and Lung – the two organs in the upper warmer. Use the points: Lu 1, UB 13, Ren 14, UB 15 and P 6 (these are back-Shu and Mu-front points of Heart and Lung and the Area Distal point of thorax. (For further clarification, see treatment of endogenous depression, p. 274.)

In the above patient, the moxa technique of Du meridian was used, and local points on the lateral and dorsal sides of the shoulder were used with hot needles. The pain reduced with one treatment, and mobility improved. Six more sessions were given to stabilize the effect, and the patient's wife now gives him moxa on the Du meridian once a fortnight to prevent further problems. It is now over three years since he had the treatment, and he is still working and has no pain in his shoulder and arm. But I know that he continues to receive moxa treatment, as they come to me for the supplies.

I am sure that if I had treated only the shoulder pain he would still have improved for a short period but then the symptoms would have returned. After a few courses of treatment, the therapy would have ceased to work.

CLINICAL EXAMPLE: FIBROMYALGIA, FEMALE, 52 YEARS

A woman came to me with pain in neck and both shoulders and some wandering pains in the back, hips and elbows. Her main problem was with the neck and shoulders. The pain was constant, somewhat better in the second half of the day and in the warmer climate, always worse during the early hours of the mornings – so she gets up from bed, as she cannot lie anymore. Often she has an occipital headache on getting up, which works its way out in the afternoons. Her neck mobility is poor in the mornings but improves as the day goes on.

The above example is a typical case of fibromyalgia (p. 417), and damp-wind pains. The patient was large in her upper body, and had a swollen appearance in her neck and shoulders. Pressure on the painful areas hurt very much, and she could not tolerate even a shoulder bag's strap on her shoulders. Her face, hands, ankles and feet also had slight oedema.

It was evident that the patient's biggest problem was with the dampness, which seemed to stagnate around her neck and shoulders. It became worse after long hours of sleep – because there was less functional Qi to circulate the dampness – and the stiffness and pain improved after longer hours of movement. The warm weather helped but did not completely alleviate the pain – so it was not a cold pain.

Where was the dampness originating from? Maybe she was eating too many milk products and refined carbohydrates and sweets. She needed to cut out fatty foods, milk products and raw foods and refined starches. The organ that generates internal dampness is the Spleen, and anything that slows down its function of circulation or that increases thick fluids in the body, will also cause damp stagnation in the Spleen.

Having advised the patient about her diet, we also treated the dampness with the following points: **Sp 9 (Lasix point), St 40 (Luo point), UB 20 (back-Shu point)** to improve the functional Qi and to descend and eliminate the dampness through urination. **Many needles were given locally in the neck and the shoulders, followed by cupping massage** to move the thick fluid around. After the very first session, she mentioned that she felt lighter in this region and could move freely. After 10 weekly sessions, she was extremely well, most of her pains gone, even the ones in the rest of the body I had not treated her for!

Do you think this result would have been possible if I had only treated her neck and shoulders with Local and Distal points?

So, it is a good idea to treat the problem **and** the person. For which a case history and examination is very important. We practise energy-balancing therapy – to do this successfully, we need a diagnosis of which imbalance is in which organ or meridian. So, a good treatment follows a good diagnosis. And a good diagnosis follows a good consultation with the patient. Let us do it together.

Methods of diagnosis

- Observe
- Listen
- Smell
- Touch

7.1 HISTORY TAKING

I will start with history taking. As we listen to our patients' problems, it is also important to listen to the unspoken information, listen to the tone of their voice, see the way they speak, observe their body language and note the emotions behind the voice. In this interaction between the therapist and the patient, things are not always as they seem. In some difficult cases, it can take me about five sessions into the treatment to actually see the real problem of the patient – and by then, they have diagnosed me to be an incompetent doctor!

Many a time, male patients come with a excuse of back-ache as their problem, when their main problem is impotence; patients come for treatment of hay fever and forget to mention that they have ulcerative colitis and are on medication for this; patients feel safe to give a physical complaint even though it appears always in the presence of an emotional state.

CLINICAL EXAMPLE: CHRONIC FATIGUE SYNDROME, FEMALE, 42 YEARS

A woman came to me recently with her diagnosis of chronic fatigue syndrome. She was an alternative medical practitioner and disliked going to doctors. She said that she was always tired. Her tiredness was particularly worse before her periods, and she suffered from dysmenorrhoea at the onset of a period. She had a clerical job for two days in a week, and on the other three days she saw patients at her house. She was married with no children. Besides work, she went to the gym two to three times a week, and worked out for 45 minutes or so. She felt better after the gym. She was apprehensive before seeing patients because this consumed all her energy, but she enjoyed her therapy work. She liked her other job because she could meet people.

I was surprised at the amount of activity she packed in a day – considering she had no energy to do them. She had a distinct edgy, high-toned voice, which was not loud – but sounded as if someone placed their hand over her mouth as she was shouting. She was mostly rather pale, but could have a red face, especially after a gym workout. She always complained about patients missing their appointments with her, friends not coming to assigned dates, and how at work, her team got praised when she had done all the work. She needed to vent these feelings, which seemed to have stayed with her a long time and sapped her energy.

I asked her why she felt so strongly about everything, and why she could not act on her feelings with the people concerned. We came to the picture of Liver Yin and Qi deficiency with a quick rising of Yang – which made her quickly angry and lowered her tolerance. Though she could not directly confront those who angered her, she showed the anger in non-verbal ways. The physical exercise was a god-sent gift for her, as it allowed her to vent all this pent-up anger.

She found it difficult to 'let out' or eliminate emotions, and she had problems starting bleeding – hence the dysmenorrhoea. I then treated her with Points: Liv 8 (Tonification point), UB 18 (back-Shu of Liver), LI 4 (the Great Eliminator), Lu 1 and 9 (to strengthen Lung Yin, which in turn controls Liver/Gall Bladder Yang), Sp 6 and 8 (Symptomatic points for dysmenorrhoea), Du 20 (to help her detach from the situations that made her angry) and Ren 6 for Energy.


It took me five sessions to come to this conclusion, because she always felt her problem was physical. What I had got in the first place was her diagnosis of herself, not her symptoms.

This is a common problem with patients coming with a pre-made diagnosis – either their's or other's. So, as you can see here, history taking is mainly to go through the motions of not missing something important. Our diagnosis session goes on beyond the first consultation – we have to keep our eyes and ears open all the time!

7.2 QUESTIONS TO ASK THE PATIENT

ACADEMY OF CHINESE ACUPUNCTURE

Miss/Mrs./Mr. LAST FIRST Birth Date D M Y (..... AGE) B.P.
 Social Info. Height Weight
 Examiner Time

MAIN COMPLAINT (time, cause, better or worse)					
MEDICATION					
PAIN					
HEADACHES					
HISTORY (illness, accident surgery, family)					
FIRE (chills, fever speech mental activity)	Sleep Sweat Body temp. & colour				
EARTH (muscle, tissue, lips, allergies)	Appetite & taste				
METAL (mucous, nose throat; colds cough, breath)	Stools Skin				
WATER (ear, hair, brain, bone, teeth vital essence)	Urination Menstruation				
WOOD (eyes, nails, muscle tone, tendons)					
REPRODUCTION SEXUALITY					
PHYSICAL EXAMINATION					
O likes X dislikes WEATHER COLOUR FOOD	FIRE hot red bitter	EARTH humid yellow sweet	METAL dry white spicy	WATER cold blue/bl. salty	WOOD wind green sour
EMOTIONS					
PULSE	Left Right				
	TONGUE		DIAGNOSIS 		

Case history chart

This is the case history chart I designed and use in my clinic. The questions guide me and my trainees and prod their memory so as not to forget anything important. Let's go through the questions one by one:

- **Main complaint** – Detailed description and history of the complaint, may be more than one.
- **Medication currently taken** – Past medication (steroids, hormone replacement therapy, cancer medication)
- **Patient history and relevant family history** – past illnesses, surgery, accident etc.

These are asked generally, elaborating only when there are problems.

They come under the Five Elements, so that we could have a preliminary idea of imbalanced states of the Elements at the end of the consultation.


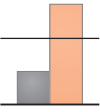
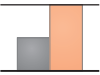
- **Sleep** – when and how long, sleep quality, how one feels when waking.
- **Hot or cold** – freezing or hot easily, in which area of body? Weather preference.
- **Sweat** – easily or not, much or less, in which situation, are they hot or cold when they sweat or is it sweating at nights?
- **Pain** – any other recurring pain anywhere, not relating to main complaint. Do they have recurring headaches? Where in head?
- **Hunger/appetite and thirst** – how is their hunger, thirst and appetite? When? What is their preferred temperature for food and drink? Is there a strong liking for any flavours of food?
- **Urine and stools** – frequency, quantity, consistency, colour.
- **Menstruation and leucorrhoea** – Need not ask if on contraceptives. How long is the cycle? Is there any pain? When during the cycle is the pain? Duration of bleeding (quantity, colour, clots)
- **Leucorrhoea** – colour and smell.

Now we shall go through these questions one by one, with the possible imbalances they may show us, and how we could proceed to balance these states.

7.2.1 Sleep problems


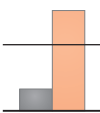





Insomnia

Table 7.1

	Heart Yang excess	Acute
	Heart Fire, dry-heat	Sub-acute/recurrent
	Heart Blood and Yin deficiency	Chronic

Continued

Table 7.1—cont'd

	Blood and Qi ↓	Chronic
	Empty heat with Yin deficiency	Dream – disturbed sleep, nightmares
	Kidney Yin deficiency	Problems with falling asleep ('my body is tired but my mind is busy')
	Heart Yin deficiency	Problems sleeping through the night
Deficiency time of organ according to Organ Clock; tonify Yin of Organ		Waking up at night at a particular time, and not able to fall asleep for two to three hours
	Heart Blood and function (Qi) deficiency ↓	Early waking with worries or anxiety
	Heart ↓ Qi deficiency Yin rises after excess sleep	Hypersomnia (feels sleepy all the time), low alertness, not better after sleep
	Heart Yin deficiency	Needs much sleep to feel energetic and awake

Treatment for insomnia

- Tranquillizing points: Du 20, Extra 6, Good Night point 1, P 6, UB 62
Add the following points to the above:
- **Heart Yin deficiency** – Ren 14 (Mu-front point), H 8 (House-element point)
- **Heart Fire** – H 5 (Luo point) and sedation of SI 4 (Yuan-source point)
- **Heart Blood and Qi deficiency** – Ren 14, UB 15 (Shu point), H 9, SI 3, UB17 (Influential point – Blood), Sp 10 (Sea of Blood), GB 39 (Influential point – Marrow)
- **Kidney Yin deficiency** – K 7 (Tonification point)
- **Heart Yin/Blood stagnation** – UB 15 (back-Shu point), SI 7 (Luo point), K 6 (Wake up point for hypersomnia)

All the above problems are primarily of the upper warmer. But it is also possible to have rising Yang from Liver, Stomach or Kidney to the upper warmer, producing similar symptoms as Heart Yang excess. In these cases, Sp 6 with descending needle technique (p. 434) would be good treatment, in order to descend the ascending heat from other organs.

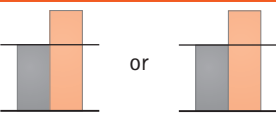
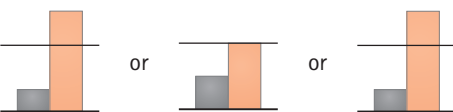
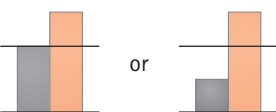
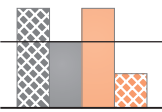
7.2.2 Hot or cold

Different organs govern the temperature for different parts of the body. The Heart is the central circulating organ for Blood; so, the Heart governs the general body temperature. Nevertheless, the organs of the lower warmer – namely Kidney and Urinary Bladder – govern the temperature of the back, legs and feet; the Spleen – which circulates Blood in the periphery – maintains the temperature for the hands and feet and face.

We should ask a patient if he or she feels easily hot or cold in their body. If they answer yes, then next question would be ‘Where do you feel the heat or cold sensation?’ Generally speaking, Yang dominant states in energy produce heat sensation, and Yin dominant states manifest cold. They could answer they do not feel hot or cold easily – only in extreme weather. This is pretty much normal. Some others could answer yes to both – they feel both hot and cold easily. How is that possible? ‘Well, when I am active I feel very hot and peel off my clothes, when passive I feel very cold’. ‘What climate do you like, then?’ ‘I like it not hot, not cold – just moderate’. This shows a chronic state of Yin and Yang deficiency, where neither can control the other – so in a Yang dominant (active) state the Yang rises to produce heat, and in a Yin dominant (passive) state the Yin rises to produce cold.

Feeling hot all over

Acute state: Could be from exterior heat invasion

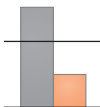
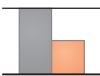




Table 7.2		
	Heart or Triple Warmer	Interior heat
	Heart or Triple Warmer	Sub-acute or chronic state
	Heart	Hot hands, thorax and head
	Kidney	Hot feet (not to be confused with burning feet)
	Damp-heat in Spleen	Hot hands, feet and face

Treatment

- **Exterior Heat invasion** – Sedate H 6 (Xi-cleft point), LI 11 (to improve immune system) sedate SI 8 (Sedation point), K 7 (tonify Water)
- **Heart Yang excess** – Sedate SI 8, Ren 14 (Mu-front point)
- **Hyperactive Heart Yang** – H 5 (Luo), SI 4 Sedation (Yuan-source point)
- **Heart Yin deficiency** – Ren 14, H 8 (House-element point)
- **Kidney Yang excess** – UB 65 Sedation (Sedation point), K 3 heat-dispersing technique*
- **Kidney Hyperactive Yang** – K 4 (Luo), UB 64 Sedation (Yuan point)
- **Damp-heat in Spleen** – Sp 9 (heat-dispersing technique), UB 20 (Shu point), St 40 (Luo)
- **Triple Warmer Yang excess** – TW 10 Sedation (Sedation point)

Feeling cold all over

Acute coldness and shivering – Can be from exterior climatic factors.

Table 7.3**			
	or		Kidney Cold in the low back, legs and feet
	or		Heart Cold upper body and hands
	or		Spleen Cold hands, feet and face

Treatment

- **Exterior cold invasion** – K 5 sedation (Xi-cleft), LI 11 (for immune system)
- **Kidney Yang deficiency** – UB 23 (Shu-point Kidney), K 3 (tonifies Yang on Controlling Cycle), UB 67 (Tonification point), K 1 moxa for warming the feet.
- **Heart Yang deficiency** – UB 15 (Shu point Heart), H 3 (tonifies Yang on Controlling cycle), SI 3 (indirect tonification over coupled Yang organ)
- **Heart Blood and Qi deficiency** – Ren 14 (Mu point of Heart), UB 15, H 9 (Tonification point of Heart), SI 3 (Tonification point of SI), UB 17 (Influential point of Blood), GB 39 (influential point of Marrow), P 8 moxa for cold hands
- **Spleen Yang deficiency** – UB 20 (Shu point Spleen), Sp 1 (Grandmother point on Controlling Cycle), St 36 (improves Stomach Yang), Lu 9 (Influential point for Blood vessels)
- **Spleen Blood and Qi deficiency** – Liv 13 (Mu point of Spleen), UB 20, Sp 2 (Tonification point), St 41 (Tonification point of Stomach)

* Heat-dispersing technique is described on page 433.
** Remember that patients may have cold feet and sometimes do not feel it. This would be low temperature and poor sensitivity – Function (Qi) and Heat (Yang) both deficient.

One important fact to note is: although a Yin deficiency state is a Yang dominant state and normally produces a feeling of heat, if there is a deficiency in Blood, this can produce coldness too.

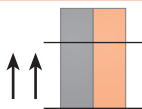


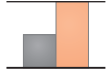


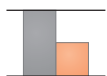
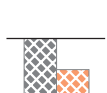
Have we not heard patients tell us that they are cold because they have not eaten or because they have not slept enough? They feel warmer after eating or sleeping – this is coldness from Blood deficiency or deficiency of nutritional energy (Ying Qi). It is interesting to see that in some patients their cold feet improve with point K 3 (tonifies Yang), and sometimes with point K 7 (tonifies Yin) in other patients.

7.2.3 Sweating

Sweating is necessary to eliminate the heat – by opening the pores – and to cool the body surface by using the body heat to dry the sweat. Therefore, it is natural to sweat when feeling hot. But it is not normal or necessary to sweat when one is cold (on the coldest areas of the body), or not sweat even when feeling hot. Some people have watery sweat, others have oily sweat and some others have smelly sweat.

It would be useful to ask the patient if they sweat easily or excessively. If they do, then one could ask further questions. At all times when we treat problems with sweating, we should also treat problem of heat or cold in the body.

First, in the case of excessive sweating anywhere – points **Lu 7**, **K 7** should be used. Lu 7 closes the skin pores (while LI 4 opens them). K 7 tonifies Water, which means it stops the unnecessary loss of Water from the body. These are two popular Symptomatic points against sweating due to any energy imbalance.

Table 7.4		
	Heart Heart Yin increasing as a reaction to Yang excess ↑	Excessive heat and excessive watery sweat
	in Kidney or Lung	Heat without sweat
	in Kidney or Lung	Night sweat
	Heart dryness and heat in body area	Concentrated smelly sweat (axilla)
	Kidney	Feet
	Spleen and in Lung	Oily (fatty) sweat
	in relevant part of body	Cold sweating (chronic)
	Lung	yang deficiency in relevant part of body and Qi deficiency in Lung

Treatment

Heart Yin and Yang excess (Heart Yin increasing because of Heart Yang excess)

- SI 8 sedation (indirect sedation of Heart Yang), the Heart Yin will come down automatically when the Yang is sedated
- Sedate TW 10 (indirect sedation of Pericardium Yang)
- Sp 6 descending technique, Ren 14 (Mu-front of Heart)
- Lu 7, K 7 (points to close skin pores and tonify Water)
- If there is hyperfunction of the thyroid gland, then unblocking the Ren meridian with points Ren 3, 22 and 24 would be beneficial

Heart Yin deficiency

- Ren 14 (Mu), Heart 8 (House-element point)
- Avoid heat and coffee and sleep much more
- Point H 5 (Luo) would be very useful in this case because it prevents the Yang from rising intermittently

Kidney Yin deficiency

- GB 25 (Mu), K 10, drink more Water, avoid heat

Dampness in Spleen and Lung

- UB 13, UB 20 (Shu points), St 40, LI 6 (Luo points)
- Avoid milk products, refined sweets and carbohydrates

Improve Skin (Lung) function


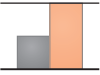
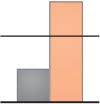

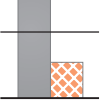


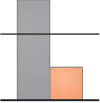
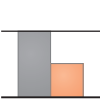
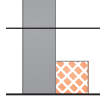
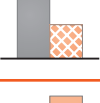
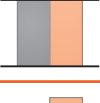
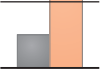
- UB 13 (Shu point), LI 11 (indirect tonification)

7.2.4 Hunger, appetite and thirst

It is a pity that patients cannot, sometimes, appreciate the difference between hunger and appetite. It would help us to ask them how often they need to eat, or if they can go long hours without eating. What time of day are they most hungry? How large are their portions of food? How is their energy when they are hungry? After eating? What do they eat most of the time? What and how much do they drink? Generally, hunger and thirst follow the same rule, therefore should be high at the same time or low in the same person. If, in some patients, hunger is less and thirst is higher or vice versa, then our diagnosis should be made on the information based on thirst.

Again, if the patient talks of night thirst, you should check to see if they have nasal obstruction, which means they would breathe through their mouth all night, this making their throat dry and thirsty. In other words, thirst is a symptom of the Stomach, and other organs causing the same symptoms should be excluded.

Table 7.5

	Stomach Yang and Qi deficiency	Less hunger and thirst
	Stomach Yin (capacity) deficiency	Less appetite
	Stomach hyperactive Functional Qi	Excessive hunger, intolerance to hunger
	Spleen/Stomach poor function (Qi deficiency)	Sleepy after eating
	Retention of food in the Stomach	Heaviness, fullness and lethargy after eating (worse in the evenings)
 or 	Heat in Stomach	Preference for cold food and drink
 or 	Cold in Stomach	Preference for hot food and drink
	Stomach	Nausea (passive symptom) – after eating
	Stomach	Nausea (passive symptom) – on empty stomach
	Stomach	Vomiting (active symptom) – After eating
	Stomach	Vomiting (active symptom) – on empty Stomach

Treatment

To improve Stomach Qi (Function)

- UB 20/21 (back-Shu of Spleen/Stomach)
- St 40 (Luo point – tonifies function, removes stagnation)
- St 36 – (House-element point – improves Yang and Qi)
- Eat more in the morning, and light meals in the evenings
- P 6 (Distal point for upper abdomen) – reduces fullness

To improve appetite

- Ren 12 (Mu point Stomach)
- Sp 2 or 3 (Tonification point/House-element point)
- St 43 (Wood point – tonifies Stomach Yin on the Controlling Cycle)
- P 6 – Area Distal point for upper abdomen

Hyperactive Stomach function

- Ren 12 (Mu point) – cools and calms
- Sp 21 (major Luo point – Tonifies Yin and sedates Yang)
- St 43 – Controls Stomach Yang and Tonifies Yin on Controlling Cycle)
- Eat more proteins and milk products

Retention of food in Stomach

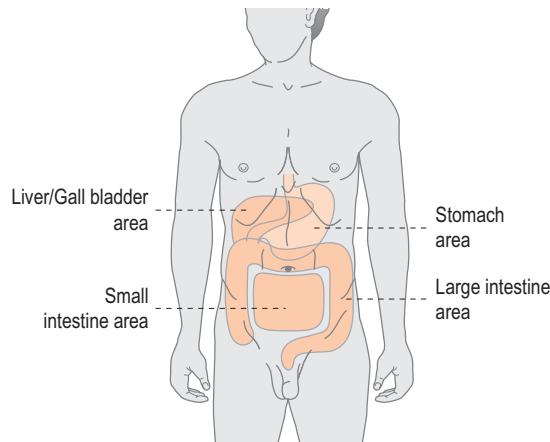
- Same as points for improving function
- Add point Sp 9 (sedates Yin of Stomach indirectly)

7.2.5 Stools

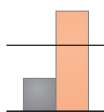
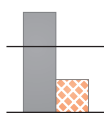
Nearly 50% of the patients, if asked, say they have irritable bowel syndrome. But their symptoms vary so greatly, so that one have 10 different diagnoses between them.

General questions to ask are: How frequent is your stool? What is the consistency? The Colour? Any pain or bloating? Where? If tendency to diarrhoea, is it caused by food or nervousness, etc.? If constipated, do you use laxatives? How often? What helps with your diarrhoea/constipation/pain or distension?


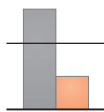
Picture of abdomen.



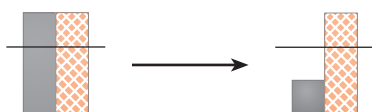


Chronic or recurrent states

Table 7.6		
	LI/SI	Distension – Active – passes much winds, relieves distension – Worse in the morning (LI) or mid-day (SI)
	LI/SI	Passive – would be better if they could pass wind. Worse in the evening (LI) or midnight (SI)

Constipation

Table 7.7		
	LI	Dry, dark, little 'rabbit stools', daily or more often in day
	LI	1–2 stools/week, fullness, heaviness, distension but no urge

Diarrhoea (Watery or semi-solid stool)

Table 7.8		
	LI/SI Damp Heat	Watery, stinking stool with colicky pain and winds, may have Blood or mucus, pain easing after stool, pain in abdomen and in anus, worse with Yang foods and spice
	SI/SP Damp-cold (Qi deficiency)	Light coloured semi-solid stool with undigested food, no pain but bloated, worse after raw foods or rich foods (malabsorption diarrhoea)
	Liv/GB Qi deficiency	Greenish-yellow coloured fatty stools with distension below ribs, nausea and much belching, worse on eating fats and milk products

Urination

An interesting interaction between the doctor and patient:

Doctor: How is your urination?

Patient: Normal

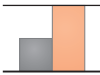
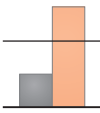
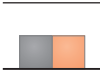


Or it could be like this:

Doctor: Do you go sometimes have burning urination?

Patient: Yes

We can do nothing with this information. Who is the judge about what is normal? Do we not sometimes have burning urination? It could be because we did not drink much that day. It would have been better to ask the patient: How many times in a day do you pass urine? How many times in the night? What is the usual quantity you pass? What is the usual colour? Do you have any problems with your urination? If the urination is frequent, it is important to know if the frequency is related to nervousness (Yang) or more often at night (Yin), or all the time.

If the urination is infrequent, then the colour should tell us if it is concentrated or turbid, and we should check to see if the patient is generally very dry or if he/she has oedema as a sign of Water retention.

Table 7.9		
	Kidney Yin deficiency	Urination 2–3/day, little and concentrated, dry person
	Urinary Bladder Heat	Scanty, frequent (2–3/hour), urgent and painful urination
	Kidney/Urinary Bladder Cold	Often and little, worse at night and in cold weather
	Kidney Yang deficiency	Increased night urination
	Kidney Yin and Yang deficiency; leakage of water	Excessive thirst and excessive, frequent urination*, dry person
<i>*If these symptoms are present with heat, restlessness and a red tongue, it could be heat in the upper warmer because the Water in the Kidneys cannot control the Fire.</i>		

Treatment

Kidney Yin deficiency

- K 10 (Water point or House-element point)
- Or K 7 (Tonification – Mother point)
- Ren 3, UB 40, Sp 6 (if urination is concentrated or burning (Mu point Urinary Bladder, Grandmother point Urinary Bladder)
- Drink more Water and eat salty food

Heat in Urinary Bladder

- Ren 3 (Mu point Urinary Bladder – cools and calms, Alarm point)
- Sp 6 (Distal point of lower warmer)
- UB 40 (Controls Urinary Bladder Yang on the Controlling Cycle)
- Bleeding Cup on UB 28 (Shu point Urinary Bladder – to release heat)
- Rest, drink more Water, keep warm

Kidney Yang deficiency

- UB 23 (Shu point Kidney)
- K 3 (Grandmother point – increases Yang in Yin organ)
- UB 67 (Tonification point UB tonifies Kidney Yang indirectly)
- LI 11, St 36 (Tonify Yang organs in mother and grandmother elements)

Kidney Yin and Yang deficiency

- GB 25 and UB 23 (Mu and Shu points)
- K 7 and UB 67 (Tonification point)
- Sp 6 (Distal point)
- Lu 9 and LI 11 (To tonify the mother if necessary)*

Urinary Bladder Yin and Yang deficiency

- Ren 3 and UB 28 (Mu and Shu points)
- K 7 and UB 67 (Tonification points)
- Sp 6
- Lu 9 and LI 11

7.2.6 Menstruation


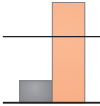
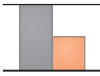



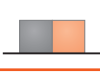



If the patient is of menstruating age and is currently on the contraceptive pill, I ask them the reason for this, as some patients take the pill in order to regulate periods or some times for dysmenorrhoea. There would be no use asking them about their period cycle. Also it would be useful to know if they use an intra-uterine device as a contraceptive method, as these increase the menstrual bleeding.

If a woman is in her menopausal years and is taking hormone replacement therapy (HRT), again I ask her why and for how long she has been taking it. Problems such as uterine fibroids or excessive bleeding, or severe post-menopausal symptoms could be reasons for taking HRT in the first place.

If a woman is menstruating without external hormones, then her menstrual cycle and the quantity of bleeding are a good indication of the energy status in the Kidney and Urinary Bladder, and the storing/releasing of Blood and the free-flowing status of Blood are both indicators of Liver function.

* If the Water aspect of Kidney and Urinary Bladder are to be tonified, both Lung and Large Intestine provide energy for this. But, if the Reproductive system is to be tonified in the Kidneys, then, the energy is provided by the Spleen and Stomach. (The Kidney has two mothers, see p. 342)

Table 7.10

	Kidney Chronic heat with Yin deficiency	Short cycles (less than 27 days)
	Kidney and Liver Fire-heat	Short cycles and excessive bleeding
	Kidney Yang deficiency	Long cycles (longer than 32 days)
	Liver Blood deficiency	Long cycles and little bleeding
	Urinary Bladder (uterus) } Liver Blood } Blood stagnation	Dark, clotty bleeding
	Spleen Qi deficiency	Continued spotting (either between or at the end of menstruation)
	Kidney Yin and Yang deficiency	Irregular cycles (one time short and long the next time)
	Liver Blood and Qi deficiency	Irregular bleeding (one time much and little the next time)
	Liver Urinary Bladder (uterus) } Blood stagnation	Dysmenorrhoea at the onset of menstruation
	Liver Urinary Bladder } Fire-heat	Dysmenorrhoea during the time of maximum bleeding

Treatment

Kidney Yin deficiency

- K 4 (Luo point – tonifies Yin and sedates Yang*)
- Sp 2 or 3 (Tonify Spleen Yin)[†]
- Sp 6 – Distal point
- Ren 3 – Mu – point Urinary Bladder (Local)
- More Water, rest, keep cool

* The short cycles occur either because of early ovulation, or because of a shorter second phase of the menstrual cycle (p. 344). K 4 – the Luo point – not only tonifies the Yin but it also sedates the Yang and so delays the ovulation and lengthens the second phase of the cycle.

[†] The reproductive Kidney gets its energy from the organs of the Earth element, and the organs of the Metal element nourish the Water Kidney.

Fire-heat in Kidney and Liver

- K 4 Luo point (tonifies Yin and Sedates Yang)
- Ren 3 (Mu point UB – cools and calms)
- UB 40 Earth point (Grandmother point – tonifies Yin of uterus)
- Liv 5 (Luo point – tonifies Yin and sedates Yang)
- Sp 6 (Distal point for lower warmer)

Kidney Yang deficiency

- UB 23 (back-Shu point of Kidney – improves function)
- K 3 Earth point (Grandmother point – tonifies Yang)
- UB 67 (Tonification point of coupled Yang organ)
- Ren 3 moxa (increases local heat)
- Sp 6 – Distal point

Liver Blood deficiency

- Ren 14, UB 15 (Mu and Shu points of Heart). After three sessions, these points are substituted by – H 9, SI 3 (Tonification points)
- UB 17 (Influential point – Blood)
- Sp 10 (Sea of Blood)
- GB 39 (Influential point – marrow)

Points for Liver Blood deficiency are points to nourish and synthesize Blood, and as Heart makes Blood, the Tonification points of Heart and Small Intestine are used here. The Influential point of Marrow is used because bone marrow makes Blood.

Liver and Urinary Bladder (uterus) Blood stagnation

- UB 18, UB 28 (back-Shu points of Liver, Urinary Bladder – improve function)
- GB 37, UB 58 (Luo points of GB, Urinary Bladder to sedate Yin and tonify Yang)
- LI 4 – The great eliminator (helps the bleeding, removes stagnation)
- Para vertebral tapping with plum-blossom needle from Lumbar 4 to Sacrum 4 (1 cm. lateral to midline, vertically from top to bottom until red skin reaction)

Spleen Qi (function) deficiency

Since this is against spotting of Blood, only one point is needed: moxa on Sp 1 with sparrow-pecking method (p. 438). Done on both feet for about six minutes.

Kidney Yin and Yang deficiency

- Ren 3, UB 28 (Mu and Shu point of Urinary Bladder)
- K 7, UB 67 (Tonification points)
- Sp 6, St 36 (Tonify organs of Earth element)

Liver Yin and Yang deficiency

- Liver 14, UB 18 (Mu and Shu points of Liver. These points should be replaced after three sessions by Liv 8 and GB 43 (Tonification points)
- Symptomatic points for dysmenorrhoea
- Sp 8, Sp 6

If Kidney and Liver are both Yin and Yang deficient, it would be sufficient to concentrate on tonifying the Kidney. As the mother organ, it would then nourish the Liver.

7.3 OBSERVATION

All through the history taking, we have time to observe the patient. We can judge the facial colour, the expressions, the appearance of the tongue and any obvious deformities or tics and tremors. Let us start with the colour of the face:

Colour of face

Pale

Heart Blood deficiency, Liver Blood deficiency
Bright pale – Lung Yang condition
Dull pale – Lung Yin condition
Pale yellow – Spleen Blood and Qi deficiency

Paleness shows lack of Blood or anaemia. Since Heart nourishes and synthesizes Blood, this would mean that the Blood and function of the Heart is deficient; and Liver stores the Blood. If there is less Blood, it also means that there is less Blood to store. This is called Liver Blood deficiency.

Lung diseases such as dermatitis and asthma tend to manifest as a white colour on face, even though the cheeks or the rash could still be red. A Yang dominant state of Lung produces a bright white colour, where as a Yin dominant state tends to manifest a dull white colour.

A pale yellow colour on face and body is generally a sign of Spleen nutritional deficiency and a consequent functional deficiency. This can be seen in patients suffering from anorexia, chronic pancreatitis and juvenile diabetes.

Red

Heart Yang Excess
Liver Yang Excess
Cheeks only – Yin ↓ with ascending heat in any organ
Neck – Lung or Heart Yin deficiency ↓

Red colour suggests heat in the area. Red face or neck means heat in the upper warmer – where the Heart and Lung reside. It also shows there is enough Blood to redden the whole face and neck. When the face and neck are pale with red areas, it could mean Blood deficiency or Yin deficiency with heat.

The Liver stores and releases Blood. If the Liver Yang is high, the face shows red colour. In this case, the eyes would be red as well. This indicates an ascending Liver Yang.

Purple (Cyanosis) shows Heart Blood stagnation



Purple lips and centre of the tongue only indicates Spleen Blood stagnation. Purple colour indicates that the Blood is not circulating freely and is stagnating; see Figure 7.10. Hence the complexion is not pink or red, but bluish-red.

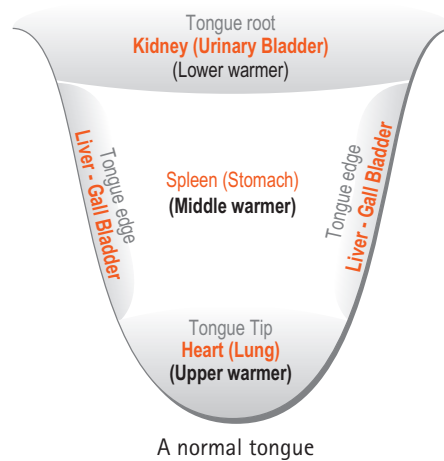
Yellow

BRIGHT YELLOW – Spleen Yang excess
PALE YELLOW – Spleen Blood and Qi deficiency

Though yellow colour appears often in hepatitis (Liver Yang excess or Liver Yin deficient and hyperactive Yang in chronic hepatitis), it is also possible in type 1 diabetes mellitus and in anorexia nervosa (Spleen Blood and functional deficiency in both cases) that the patient has a pale yellow (sallow) complexion.

Grey colour (or blue colour) anywhere on the face or tongue, indicates a Kidney deficiency of some type. One needs to look for symptoms of coldness and dryness in order to determine the nature of the deficiency.

7.3.1 Tongue diagnosis



A normal tongue should be pink in colour, with a thin white coating. It should not be too broad or too narrow, not too flat or thick, and should be moist without mucus and not dry. There should be no red papillae or blue colour on the tongue; it should protrude directly forward and not be deviated; there should be no tremor on the tongue, unless the patient has to hold it out for too long for the doctor to examine.

Explaining the terminology

Table 7.11	
Tongue proper	Tongue coating
<ul style="list-style-type: none"> ■ This refers to the size and form of the tongue, the colour and the moisture. It shows us the state of the Blood, energy and body fluid in the various organs of the body ■ The state of the tongue proper reflects the interior energy situation of the body ■ The colour changes could be localized or generalized. Local changes show problems in an organ; general changes show problems in an area or one of the Triple Warmers ■ The tongue proper does not change quickly. These changes are more serious and show the fundamental tendency of the body energies. 	<ul style="list-style-type: none"> ■ This is the actual coating on the tongue that cannot be brushed off or removed. We should not confuse this with food stains and colourings. ■ The tongue coating shows the different climatic pathogenic factors that are attacking the organs from the exterior, at that moment ■ The abnormal changes in coating could be localized or generalized depending on the size of the affected area ■ The tongue coating could change rather quickly, sometimes even during a single day. The changes are not too serious, though, if neglected, the pathogenic factor in the exterior could attack and descend to the interior

Tongue proper

Pale tongue

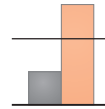
Generally indicates cold symptom. Could also be because of Blood Deficiency in Heart and Liver. It is common to see paleness in the whole tongue or just on sides (Liver area).

Red tongue

Indicates Heat in the interior. Again, it is possible to see the entire tongue red, or just red on sides (Liver) or tip (Heart).

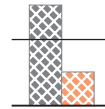
Deep red tongue

Shows fire-heat in the interior; this fire-heat could be localized, but it is often a generalized symptom. It tends to appear in a very dry and heat combined state of the whole body, also with little or no coating and possible cracks (similar to the appearance of dry and cracked earth).



Purple tongue

A blue-red colour indicates stagnation of Blood with poor circulatory function in the Heart, Liver or Spleen. It commonly appears in the whole tongue in Heart insufficiency or severe bradycardia, on the sides in a Liver Qi deficiency, and in the middle of tongue in Spleen Qi deficiency.



Large, loose tongue (also called flabby tongue)

This refers to the flabby or loose appearance of the tongue, often with teeth marks. The teeth marks show oedema on the tongue, caused by stagnation or retention of body fluid, relating mostly to the Spleen or seldom to the Heart or Kidneys.

Box 7.1

Teeth marks are always a sign of Spleen Qi deficiency, where as the largeness of the tongue is an indication of the nutritional storage of Spleen (Spleen Blood) and stagnation of dampness.

So a very large tongue with teeth marks will show excessive dampness in Spleen; a moderate-sized tongue with teeth marks would show not so much stagnation of dampness; while a small tongue with teeth marks will be more a sign for Blood and Qi deficiency in Spleen. Just as one could have oedema as a symptom of malnutrition, there could be teeth marks on the tongue in any state of Spleen Yin where the function is deficient.

Cracked tongue

This is a sign of dryness in the interior; a dry and cracked tongue is often without any coating and sometimes could be red if there is heat. The cracks could be all over, or sometimes in the centre line (Ren meridian) or on the sides (Liver), showing Yin deficiency in these meridians.

Rough tongue (red papillae)

Often the red papillae appear on a normal coloured or even a pale tongue; it takes longer time for papillae to form than for the tongue colour to change, so this shows a chronic heat state with a Yin deficiency. It is common in chronic dry cough with night sweating and afternoon fever, in chronic insomnia. A tongue that is extremely rough but without red papillae shows Yin and Blood deficiency, without heat.

Tremulous tongue

Generally a sign of nervousness or tension; if it is also rather stiff, it is Liver Yin deficiency; if it is more pale on sides, then Liver Blood deficiency. In both cases, it also manifests a wind character. In an older, weaker patient, it may be part of general Kidney deficiency with or without Liver Blood deficiency.

Stiff tongue

A tongue that does not protrude well but stands tight and tensed and unable to stretch outwards, generally shows a Heart fire-heat State. It is common to find this tongue in people who stammer. Manic patients and hyperactive children also tend to have stiff tongues.

Deviated tongue

A common symptom in hemiplegia or in facial paralysis, many patients who are not paralysed, also show deviated tongues. The reason, however, is the same as in these patients – they have more muscle tension on one side of the body than the other. This means that the Liver Yang is higher on one side of the body than the other side. Since the Liver meridian should have the same quantity of energy on either side of the body, this symptom could only mean that the energy is not flowing from one to the other Liver meridian because the wind has caused a block in this flow.

Tongue coating

The tongue coating indicates the various climatic pathogenic factors that are attacking the body from the exterior. The coating indicates that pathogenic factors have been attacking the body for a relatively short time and can be easily eliminated.

However, the tongue form and colour shows the deeper state of Blood, energy and fluid in the body, and long term, more serious imbalances. The pathogenic factors here are more in the interior and need dietary, internal medicine, and lifestyle changes, etc., to bring about a fundamental cure.

The different types of tongue coating are:

Table 7.12			
Thin	Thick	Slimy	Dry
This gives an appearance of slight roughness to the tongue surface, and is generally a normal coating, unless in the presence of upper respiratory tract symptoms – when it could indicate the presence of wind pathogenic factor	This is a thick layer of a 'carpet-fur' like coating, which shows that the organs are in standstill, retaining food or stool that needs to be moved down or to be eliminated. This retention could be removed either by improving the function (in coldness) or by sedating the Yang (in heat)	This is a glossy mucus-like coating which usually sticks to the palate, and indicates the presence of dampness attacking the body. When it is white in colour, this dampness could be treated with heat and Yang tonification; when the coating is yellow, this damp-heat needs Yang sedation: points St 40, Sp 9 and avoiding damp producing foods will help	This is a dry and thin coating, making the tongue look quite dehydrated. When this is severe, it could cause peeling of coating, with islands of peeled coating areas appearing on the tongue. This could be a sign of climatic dryness, and also that the patient drinks too little water. To humidify the rooms and to drink water will help. Tonification of Yin of the specific organ (according to area) would be useful too

White coating

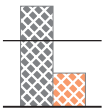
Just as white or paleness anywhere is a sign of Blood deficiency or coldness, white tongue coating is also a manifestation of cold pathogenic factors attacking the body. However, there may be different types of white coating, and these could give us more information about the nature of the cold pathogenic factor.

Thin white coating

It is normal for the tongue to have a thin white coating. A tongue that has no normal roughness, and looks glassy and smooth is generally a sign of severe Blood deficiency. If the patient has no symptoms, a thin white coating could be well ignored. But, if the patient has wind symptoms such as common cold, headache or neck pain, the thin white coating would then indicate wind-cold pathogenic factor attacking the lung orifices or the muscles.

Thick white coating

The thickness of the coating reflects retention of food or stool in the Stomach or intestines. The white colour again indicates cold. As coldness retards the normal function of an organ, the retention of food or stool could be a result of poor function of Stomach or the intestines. So, if a patient complains of fullness of the Stomach with reflux of food and acid – this would indicate stagnation and retention of food, and should be treated by tonifying the Qi or the function of Stomach.



Slimy white coating

Slimy coating is a glossy, mucus-like coating, which makes the tongue look very wet. It generally indicates the presence of damp pathogenic factor and, in the case of the white colour, is a sign of damp-coldness affecting the organs. Patients with nausea or diarrhoea following excessive cold and raw foods, or backache and frequent and excessive, watery urination after exposure to exterior damp-cold weather, could manifest as this type of tongue coating. This shows the need for improving both the Yang and the functional Qi.

Dry white coating

Dryness shows lack of Water or Yin deficiency. When combined with white coating, this would indicate dry-coldness. If the tongue colour is also pale, then this would be a sign for Blood deficiency with dryness. If it is only the coating that is dry and white, it needs both warming and Yin tonification.

Yellow coating

This indicates heat pathogenic factor attacking the body. When there is heat affecting various parts of the body, the secretions and excrements (mucus, urine, and even stool) tend to get darker and yellow. The yellow tongue coating too, shows the presence of a heat pathogenic factor, and can be further complicated by thin, thick, slimy or dry factors.

Thin yellow coating

This is an indication for the presence of wind-heat pathogenic factor. This is often seen in common cold, hay fever, sinusitis and such upper respiratory infections. Wind-elimination points in this area (point GB 20 in the case of cold and sinusitis) can be used with wind elimination sedation needle technique* to eliminate this wind-heat.

Thick yellow coating

Shows retention of food or stool with heat symptoms. For instance, if the patient feels fullness of the Stomach with reflux of food and acid, with bad breath and thick yellow coating of tongue, they should be treated with Stomach Yang sedation, with which the retention will disappear.

Slimy yellow coating

Shows damp-heat and is common in conditions such as gastritis, colitis, bronchitis and cystitis. In these cases, the Yang needs to be sedated or eliminated by bleeding the back-Shu points of the organs;[†] and the dampness needs to be circulated with point St 40, UB 20 and such to improve the Spleen function.

* See page 431 for the wind-elimination technique.

[†] See page 443 for bleeding cupping technique.

Dry yellow coating

This shows a combination of dryness and heat, which is more common in the presence of heat attacking an organ and consuming the Yin. It is not quite correct to name this an exterior factor, because there is a definite damage to the interior organ energy, causing a lasting effect. This is when one should say – ‘the exterior pathogenic factor has moved to the interior’. The Yang should be sedated or eliminated here, but the Yin should also be tonified.

Grey or blue coating

Grey or blue colour anywhere on the face or tongue is a sign of Kidney deficiency, in either Yin or Yang. When it appears on the tongue, it is not entirely correct to call this a coating, but it does seem to be more superficial than in the deep. The colour seems to vary slightly according to the skin colour of the different races. For instance, the coating is more grey in Chinese but more black in Africans and Asians and blue or even brown in

- A dry tongue with grey coating would mean Kidney Yin deficiency.
- A moist tongue with grey/blue coating would rather indicate a Yang deficiency.

Peeled coating

Appears like islands without coating on the tongue, shows dry pathogenic factor affecting the body. A normal tongue should have a thin coating and some roughness. When the coating is missing in areas and we can see the smooth tongue under this, it is called a geographical tongue. However this dryness is quite exogenous and not serious and can be corrected very rapidly, sometimes in half a day!

No coating

This is far more serious than peeled coating. It shows either great dryness of the interior or anaemia (if it is pale) and endogenous fire-heat of Triple Warmer (when it is red).

7.4 LISTENING

Not only should we listen to what the patient says, but also to how they say it.

It is important to listen to the Heart and breathing, take the blood pressure, height and weight etc. In all the time we spend with the patient, we should be aware of their breathing, coughing and other sounds (clearing their throat, sniffing, groaning). I find more about their imbalanced state from these clues rather than from all their verbal complaints.

7.4.1 Speech

- Fast and much – Heart Yang excess
- Loud and aggressive – Liver Yang excess
- Slow, halting, shaky voice – Heart Qi deficiency
- Rough, or hoarse voice – Heart Yin deficiency
- Soft voice – Liver Yang/Qi deficiency
- Stammering – Heart Yin deficiency Yang excess, Liver Yin deficiency
- Slurring speech – Heart Yang/Qi deficiency

7.4.2 Cough

- Strong and urgent – Lung Yang excess
- Dry and urgent – Lung Yin deficiency, Yang excess
- With a lot of mucus – Lung damp stagnation
- Weak, soft – Lung Yin deficiency, Qi deficiency

7.4.3 Breathing

- Full, noisy breathing – Lung Yin excess (damp stagnation)
- Dry, squeaky sounds – obstructive breathing – Yang excess (broncho-spasm)

7.5 OLFACTION

In the Western world, bombarded with perfumes and cosmetic products such as soap gels and body cream, it is very difficult to smell the actual patient, but sometimes patients complain that their urine is ‘stinking’ or that they have had to change their socks or shoes several times in the day because of ‘smelly feet’. We can also smell such obviously dominant scents.

- Strong burnt smell – Heat Yin ↓ Yang ↑ (fire-heat) (especially in the axilla) (concentrated sweat)
- Foul breath – Stomach Yang ↑
- Smelly feet – Kidney Yin ↓
- Smelly urine – Kidney Yin ↓ Yang ↑
- All secretions and emanations tend to get more concentrated and strong smelling if the Yin is weak; secretions become more Watery and less smelly when their Water content increases
- There may be a special smell you would associate with a patient, which could give a clue towards his or her dominant organ system, not necessarily an imbalance or disease
- Heart – Burnt smell (like burnt flesh)
- Spleen – Sweet smell (like cooking rice)
- Liver – Rancid smell (like rotten fruit)
- Lung – Pungent smell (like burning spices)
- Kidney – Putrid smell (like rotting fish)

7.6 PALPATION

It is important to palpate a pain area, be it in a joint, the abdomen or just in the muscle or tendon. If there is extreme pain on palpation this could indicate an excess of either Yin or Yang. If pressure is actually comforting, this shows a deficiency.

It is important to palpate the abdomen if you intend to needle this region, looking for an enlarged Liver and Spleen, cysts or tumours, abdominal rigidity which may indicate peritonitis, faecal matter in the intestines, or a superficial and strongly pulsating aortic artery. Extreme care must be taken to avoid these.

Palpation of back-Shu points is also a very useful method of diagnosis, and treating the positive reaction points among the back-Shu points will help alleviate discomfort in the organs and improve their function.

Supposing a patient comes with abdominal distension and diarrhoea – he is not very clear about the location of his discomfort. How does one decide if it is from the Spleen, the Small Intestine or the Large Intestine? If you palpate the back-Shu points of all three organs for tenderness, you can find the culprit organ.

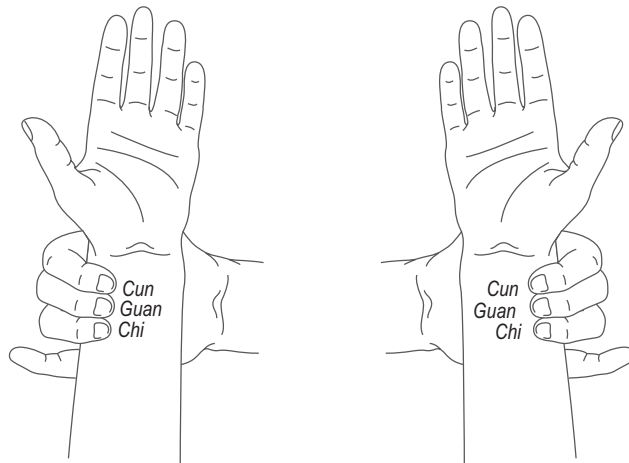
Positive reaction points on back-Shu points (nodules, tense muscle, etc.) can show that these organs are chronically diseased. And, by needling these positive reaction points, one can actually see that the nodules or tension area becomes smaller, and the organ improves!

7.7 PULSE DIAGNOSIS

Pulse diagnosis is very old practical wisdom from Traditional Chinese Medicine. In ancient China, it was very important to have a method of diagnosis such as this, which could diagnose imbalances in the body – both during and *before* illness actually manifested. Preventing illness had been very important in the past. If symptoms of disease appeared and worsened, there were no antibiotics, and not much possibilities for surgery, etc., and the patient had to be left to die. In the present day things are quite different. The human body can be kept alive and functional using many artificial means.

However, in this day and age, pulse diagnosis is still a very important part of diagnostic wisdom because it tells us about the state of Blood, Energy and Body fluid in the three body warmers and in the organs and tissues. Through this we learn the tendencies of our body energies (even when the imbalances are not manifesting in symptoms), and correct them well in time.

There are many ways to use pulse diagnosis, and one could make it as complicated as one wishes to. I use the pulse mainly to confirm my diagnosis of the patient, and have felt grateful for this many times. Not only can you test if your diagnosis was correct, you could also check the pulse after treatment to check if your treatment has balanced the energy correctly, as the pulse should have changed!



The therapist's fingers are at right angles to the patient's wrist. The middle finger is on the prominence of the styloid of the radius; the index finger is between the wristfold and middle finger; and the ring finger is the same distance proximally to the middle finger.

7.7.1 How to use pulse diagnosis

You use the index, middle and ring finger to palpate the pulse at the radial artery. Imagine that the fullness you feel under each of these fingers will give you an indication about the energy status in these warmers. Under normal circumstances, these three positions should have the same fullness. Of course, there are factors



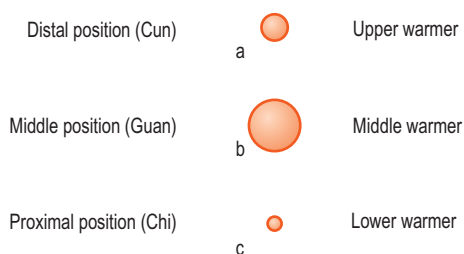
that could influence them otherwise. For instance, if the patient had just eaten a full meal, the middle position would be fuller than the rest; the consumption of coffee would make the upper warmer seem stronger. But this effect would not last for long.

Box 7.2

You should not check the pulses of a patient soon after a meal. The best time would be mornings before breakfast – but this is not always possible, so after a light meal and no stimulants. Many patients are on regular medication – beta-blockers, steroids, diuretics, etc. which would influence the pulse negatively, and this cannot be helped.

Example

Suppose a patient comes to you with a severe Stomach pain, and you are convinced the Stomach Yang is in excess. You try several times to sedate stomach Yang without any success. You then decide to do pulse diagnosis on the patient, and come across a pulse as in the picture below. You notice that the middle warmer is very full and the lower warmer is completely empty. Normally, the excessive stomach energy should descend to the lower warmer and it does not seem to have happened in this case. This means you could tonify the Kidney and Urinary Bladder on the Earth points, so that they will take the excess energy from earth element. This will help the full pulse to diminish and the empty pulse to improve, and the Stomach pain will disappear!



This is a typical pulse of a patient with endogenous depression. This patient has morning anxiety, loss of appetite and libido, insomnia, feeling cold, lack of joy. She has problems with concentration, poor memory, and is weepy for no apparent reason.

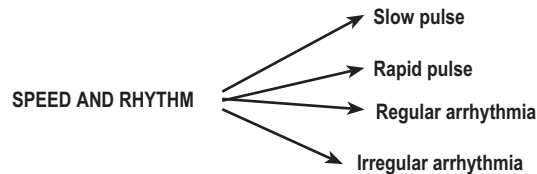
Her upper warmer pulses on both hands are very empty and weak. This shows that her Heart and Lungs are weak. Tonifying the Heart and Lung Mu-front and back-Shu points, and giving P 6 – the distal point for the thorax – will improve her upper warmer energy and lift her depression!



After judging the fullness in the three warmers, and bringing these closer to balance, it would be useful to take a look at the pulse qualities in general. There are some 28 pulse qualities. I do not feel it is important to know them in detail and expertly, in order to practise good acupuncture. But it is important to know what to look for in these pulse qualities. I have tried to give you five important aspects you need to concentrate on, when feeling the pulse.

7.7.2 Pulse qualities

- Speed and rhythm
- Fullness
- Level of depth
- Tension
- Width (breadth)



Speed and rhythm

Normal speed of our pulse is four beats for a respiratory cycle. But if our pulse rate hastens, so does our breathing – so it would always be four beats per breathing cycle. Therefore, it is necessary to take the patient's pulse rate according to the therapist's breathing, as a guideline. Or, since we now have the clock, we could use the minute as a guide.

Normal pulse is 72 beats per minute.

Generally young children have a slightly faster rate and those over middle age, slower.

Slow pulse

This is 60/minute or less and shows cold or Yin dominant state. Could also show Heart Yang and Qi deficiency.*

* We often find that athletes and those who do regular training have a slow pulse rate. It is considered to be a sign of a well-trained Heart. Exercise is good when done in moderation; when it is done to an extreme point, it can injure the Heart function – causing a Qi deficiency of the Heart. Many sportsmen and women come to me and complain that they have no energy, cannot concentrate and feel sleepy and dull all the time. They only feel better after they do their training and when the Heart rate and increased. At all other times, they have low energy. So, slow pulse does mean Heart Yang and Qi deficiency – in every case.

Rapid pulse

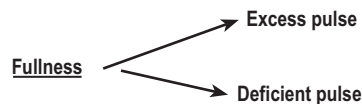
This is 80 beats/minute or more. This is caused by heat or Yang dominant state in an organ. It could also be Heart Yang excess or Yin deficiency.

Regular arrhythmia

This is a Heart Qi deficiency symptom. There are extra systoles appearing at regular and predictable intervals. It is more common when patient is at rest, and tends to disappear in activity or if doing physical exercise regularly.

Irregular arrhythmia

This is more serious and shows a Yin and Yang deficiency of the Heart. This may occur at any time, but mostly during exertion.



Fullness

Having felt the radial artery, you should press it slowly all the way down and then release the pressure. Normally, when you press down halfway, the pulse feels more resistant, but is weakened under heavy pressure. This shows the fullness of Blood and fluid within the artery (the Blood and Yin).

Excess pulse

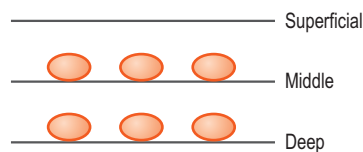
This shows excess Yin (Blood and fluid). The pulse becomes more resistant with pressure, even at the deeper level.

Deficient pulse (also called hollow or empty pulse)

Pulse becomes weaker even at light pressure. This shows a deficiency of Blood and Yin.

Level of depth

The normal pulse is felt at two levels of depth – the middle and the deep.

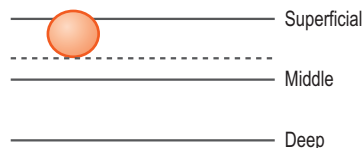


When pushing down from top, the first level one feels clearly is the middle level. This shows the pulses of the Yang organs. Having pushed down completely, lift the fingers slowly. The first moment one feels the pulses clearly is in the deep level. This level shows the pulses of the Yin organs.

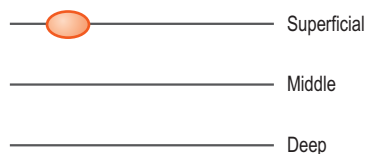
Superficial pulse

The superficial pulse is not normal under general circumstances unless the person is very thin.

However, one could have a superficial pulse in two situations:



When the organ which has a middle level pulse position has *excessive Yang* its pulse will ascend.

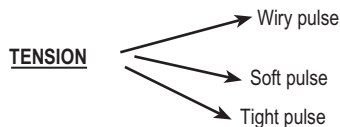


When a *climatic pathogenic factor* attacks the body causing an *exterior symptom* (e.g. common cold, stiff neck, aching muscles, sunburn), the superficial pulse shows that the pathogenic factor is still in the outer tissues of the body (between the skin and the muscles) and has not entered the interior of the body. In this case, the pulse could be superficial.

Deep pulse

When the pulse position seems to be deeper than where it should be, then it is said to have 'descended'. This could be either because there is an interior disease where a pathogenic factor has attacked the interior; or it could mean that the organ at this pulse position has a Yang deficiency and has insufficient Yang to ascend it.

Tension



Arterial walls are made of muscle. Therefore, a certain amount of tension is normal and necessary when feeling an artery. This tension is more noticeable in young children, adolescents and during the season of Spring. This is because both Spring and the beginning stages of life are associated with Liver and the Liver Yang gives extra tone to the muscles.

Wiry pulse

This quality shows extreme tension or Yang excess in the organ. It is like the feeling you get when moving your finger across a guitar string. If such a quality is felt over the Lung position it would mean bronchial-spasm, as in the case of allergic asthma. If it is on the Stomach position, then it may mean pyloric spasm. As such, a wiry pulse shows a state of tension in the organ.

If the wiry pulse is generalized, it indicates Liver Yang excess or Liver Yin deficiency, and an internally tense person. A superficial wiry pulse that is generalized may mean climatic factors – a wind pathogenic factor attacking the body externally, and still residing in the exterior.

Tight pulse

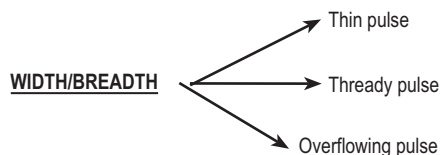
This is similar to a wiry pulse as they are both tense. But it is different, because a tight pulse has no elasticity, it is muscle that is in constant cramp – but no movement. This is what happens to muscles in *cold situations* – such as in neck tension that improves in warm weather, or a ‘cold stomach’ that feels tight and heavy like a stone.

- A wiry pulse is treated with Liver Yang sedation or Liver Yin tonification. A superficial wiry pulse is treated with wind elimination.
- A tense pulse is treated with heat or moxa, as a cold problem. (Example: cramps in cold weather are treated with local hot needle or moxibustion.)

Soft pulse

A soft pulse shows a lack of tension caused by Liver Yang deficiency, and poor muscle tone of an organ. It is often felt in the lower warmer areas. Sometimes one pulse position is so soft that it feels like water that was flowing within the confines of the banks of a river has started flowing outside it, because the sides were not built high enough. This needs the Qi or the functional Yang of the organ to be tonified – with back-Shu point and Luo-connecting point of the Yang organ.

Width/breadth



When a pulse is too broad or too thin, it is not considered normal.

Thin pulse

A thin pulse is like a thin person – shows less substance or Yin, and is often seen in Blood or Yin deficiency. But if a pulse is thin and wiry, it shows both Yin deficiency and excessive tension – such as dryness and tense organ, with heat conditions.

Thready pulse

This is a pulse with less fluid and less tension – soft as cotton thread. This shows deficiency of both Yin and Yang, Blood and Qi and a very weak organ.

Overflowing pulse

This is a full pulse showing fullness of Yin or Blood and fluid. This is a large, broad and full pulse, which seems not only to be full and hard to press down, but when you press down, it escapes from both sides of the finger.

Slippery pulse

This is a special pulse quality that does not actually fit into any of the five categories we went through so far. It shows stagnation of thick fluid. It is a special quality which takes some time to recognize, but once you have felt it, you will never miss it again.

It feels like trying to press your finger on a drop of mercury or a pearl, but it keeps slipping smoothly and quickly away.

A slippery pulse can be large or small – this indicates the quantity of fluid that is stagnant in the organ. If you find this pulse on the Lung position, it means there is stagnation of mucus; if you notice it in Kidney position, then there is water retention. A slippery pulse can also mean that there may be a tumour present in the organ. Most tumours are caused by stagnation of body fluid. Local cupping, back-Shu points and Luo-connecting of Yang organs would be helpful in these cases.

7.7.3 Normal imbalances in pulse diagnosis

The best time to feel the pulses is early morning, when the Yin of the night has not left the body and the Yang of the day has not quite gained dominance. The patient must have an empty stomach as much as possible – and certainly without coffee or black tea.

He or she could either sit at a desk with their arm extended on it with their wrist turned out; or they could lie on a bed and do the same. The therapist must be on the side of the patient, with their fingers at right angles to the patient's wrist. The middle finger of the therapist should be on the prominence of the styloid of radius; their index finger between the middle finger and the distal wrist-fold; their ring finger should be placed proximal to the middle finger, at the same distance away as between the other two.

If there is a difference between the strength of the left and right pulse this could mean:

A man is more Yang than a woman. So his left hand can have stronger pulses.

A woman can have stronger right hand pulses in general.

*Remember, 'The wife is always right!'**

If the left hand is much weaker in man or woman, it means they have a general Yang deficiency. If all the pulses of the right hand are weak, then a general Yin deficiency.

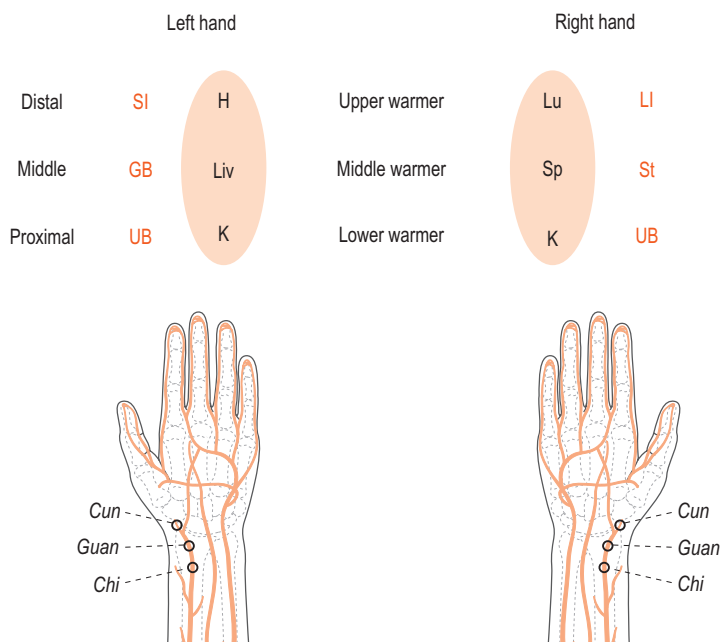
If the patient has eaten recently, the Stomach pulse may be full. It should be taken at another time to make sure this was the cause.

* But, if between the two hands, one side is very weak, that is not normal.

The other important consideration is the peak energy time and least energy time according to the Organ Clock. For instance, if the pulses are read at 9am, the spleen could be very strong, and this would not be abnormal. Similarly, at noon, the Liver and Gall Bladder pulses could be weak.

7.7.4 Pulse positions

Table 7.13		
Position	Left hand	Right hand
Distal	Small Intestine – Red (middle level) Heart in Blue (Deep level)	Large Intestine Lung
Middle	Gall Bladder (middle level) Liver (Deep level)	Stomach Spleen
Proximal	Urinary Bladder (middle level) Kidney (Deep level) (Mingmen – Life Gate)	Urinary Bladder Kidney (Water)



Some schools give one proximal position, the place of Triple Warmer. The Chinese hold that the Triple Warmer does not have one position. Just like it has three positions in the body, and the tongue – it should have three positions in the pulse too. So, what we take with our three fingers is, in fact, the pulse of the three warmers.

The next controversy is about the Kidney and Urinary Bladder pulses, which are duplicates.

Some schools call it the Fire Kidney and Water Kidney. It sounds as if one is Yin and one is Yang. In actual fact, both sides have their Yin and Yang but the left or the Yang side mainly deals with the reproductive aspect – puberty, menstruation, libido, fertility, menopause, prostate, uterus etc; the right side shows the Water aspect – the Water in the body, dryness, urination, oedema, bladder problems, nerve and bone and ear diseases. Problems of essence and energy show more on the left side.

Table 7.14	
Water Kidney	Mingmen Kidney
Right Kidney	Left Kidney
Water in body	Puberty
Quantity of urine	Growth, Bone
Frequency, discomfort during urination	Fertility
Nourishing head hair, nerve and bone marrow	Ovaries, testes
Energy level	Prostate gland
Back, legs, knees, feet	Secondary development
Lung nourishes Yin	Spleen nourishes Yin
LI nourishes Yang	Stomach nourishes Yang
Fear of darkness, Water	Hereditary factors

CHAPTER 8

The Five Elements

■ FIRE



Heart and Small Intestine (p. 261)

■ EARTH



Spleen and Stomach (p. 281)

■ METAL



Lung and Large Intestine (p. 303)

■ WATER



Kidney and Urinary Bladder (p. 337)

■ WOOD



Liver and Gall Bladder (p. 389)

The Theory of Five Elements states that the Five Elements, namely Fire, Earth, Metal, Water and Wood, are the basic materials that constitute our material world. And that in this material world, the Five Elements have between them a relationship of nourishing each other and controlling each other in order to maintain a balance. For instance, Wood helps to create Fire, Water is needed for Wood to grow – in this relationship, the Elements nourish each other. On a very hot day, down will come the rain in order to cool it. So Water controls Fire. Similarly, Fire melts Metal; built-up Earth can control and slow down the flow of Water. Thus the Elements have a controlling effect on each other.

Humans live in a specific natural environment, and we depend very much on this natural environment for our existence. Our eating habits, lifestyle, physiological tendencies, psychological behaviour are also governed by our natural environment, and so the illnesses we experience too are influenced by our lifestyle. If our natural environment changed, we too would gradually change as well, and adapt to our new environment, with illnesses following the same pattern. Hence, people living in different parts of the world behave differently and those living in tropical countries exhibit different behaviours compared with those living in the West. Because of the different climate, people in tropical countries eat different kinds of food and have different hours of work, and the living accommodation is not as expensive and taxes not as high – the pace of life is more relaxed. These people eat more grains, fruits and vegetables, spend a lot of their time outdoors, and are more exposed to the natural elements all year round. These people suffer more from dermatological problems and diseases of the digestive system. In the West, however, people brave the cold and wind, like their meat and milk products, stay indoors most of the time in an artificially created climate, travel in cars, pay big mortgages and save for holidays in warm places. People live stressful lives and forget to relax. Thus in the West, the common diseases are naturally Heart disease, high blood pressure, tension headaches, etc.

If a person from the West migrates to India, over a period of time, say 10 years, he would gradually adapt to his new home. He would even eat and even get to like the spicy Indian food and the Indian way of eating (which helps to sweat better in a hot climate) and white rice (which strengthens the skin against the sun); he would not venture outside in the hot sun without carrying an umbrella; his skin would turn several shades darker; he would accept the fact that one could never get anything done in a hurry (so there would be not much point in losing his temper); he would relax and not worry too much about making or keeping to appointments as no one seems to bother anyway; and finally the kind of illness he may experience would also be more like the ones related to his new lifestyle.

The above examples show us that humans are very much dependent on their natural environment, very much part of it. And if our natural environment changes, we change too and adapt accordingly. Therefore, there should be a correspondence between humans and nature. If our material world consists of the Five Elements as its material base, then these Five Elements should also be represented in ourselves. What are the similarities and associations between the Five Elements and the Human Body?

The study of the Five Elements is the comparison and categorization of the organs and tissues of the body, their physiological functions and pathological dysfunctions, interpretation of their abnormal tendencies and psychological manifestations under the five divisions of the human body. For example, the Fire Element is hot. When sitting near a Fire one tends to feel hot, becomes red and starts sweating. The heat creates restlessness initially and sleepiness later. When one is hot, one gets excited, and talks fast and in a high-pitched voice, and laughs and makes many gestures. If there is no Fire near us we become cold, look pale and feel depressed. We tend to feel bored, talk in a monotonous voice and drawl.

Which organ gives us circulation of heat, as if sitting near a Fire? The Heart.

When the Heart works faster, the body feels the same as if sitting near a hot Fire, all hot and restless; and when the Heart works too slowly, the body feels cold as if it needs the Fire. When the Heart beats faster we tend to be more activated, talk faster and move more; when the Heart slows down, our mind becomes dull, our concentration poor and our speech slows down as well.

Though typically angina pectoris is felt in the chest with pain radiating down the arm to the little finger (along the Heart meridian), often patients suffering from Heart infarction can present with symptoms of acute abdomen – this is because *the heat in the Heart moves to the Small Intestine*. Hence the Heart and Small Intestine are said to have an interior connection, and are coupled organs. An imbalance (a disease) of the Heart can manifest in the Heart itself or in its coupled organ, or vice versa. This means that the coupled organ can also be treated in a similar fashion – that is, one could treat the Small Intestine to achieve balance in the Heart and vice versa.

The Chinese therapists use the climates of the Five Elements, their characteristics and the Tonification and Sedation points according to the Five Element laws of energy flow. Some Western acupuncturists believe that the Five Element theory is not commonly used in China; that only the solid and hollow organs and the eight principles of diagnosis are used. However, China is a vast country, and acupuncture is used differently in different parts of it. Moreover, the study of solid and hollow organs is the same as the Five Elements – it is still about the same organs but combined together as a couple. I believe the name one gives to it does not matter, what matters is how we use this knowledge and information. Undoubtedly, the study of the Five Elements is the deepest essence of Traditional Chinese Medicine (TCM), but Western acupuncturists do tend to argue about the (irrelevant) different ways in which they are verbally expressed.

In the next part of this book, we cover the organs of the Five Elements one by one: their physiological functions and pathological tendencies, the common illnesses of these organs and associated tissues and the treatment principles of these illnesses.

CHAPTER 9

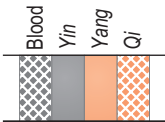
Basic Terminology

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Yang, Blood and Qi 255

9.1 THE TOWER DIAGRAMS

While describing the imbalanced states, we need to understand the terminology used, so that the treatment aspect becomes clear to us. It would also help us to understand the dynamics of the inter-relationship of Yin and Yang – **and their extensions**. The figure below shows an extended picture of Yin and Yang.



Dynamics of the inter-relationship of Yin and Yang and their extensions.

This is the common terminology of Traditional Chinese Medicine (TCM), and it has long been my wish to put these into the four towers, as I first did with Yin and Yang. I believe that if one can **see the imbalance**, one can treat it better; and that each imbalance has a specific way of being balanced – it is important to understand the rules. The rest is easy. The most difficult part of our job is to make the correct diagnosis – to make the correct picture of imbalance.

In the illustration above, the Yin and Blood are both extensions of the Yin; as are Yang and Qi. But they are not the same. The imbalances in each of them cause different problems and should be treated differently. Understanding this well will make a world of difference to our understanding of TCM and treatments with acupuncture.

Table 9.1			
Blood	Yin	Yang	Qi
Blood stands for red Blood and if there is sufficient Blood elsewhere	Yin is the amount of water and thin fluid that irrigates an organ or tissue	Yang is the warmth that can bring Blood and energy flow to a part of our body	Qi is the functional part of Yang, which is necessary for every organ, so it can perform its role
Blood also means nutrition, without which any organ or tissue cannot continue to function, and would soon become exhausted	Yin is also the substance and structure of an organ or tissue which will shrink or collapse without continuous supply of Blood and fluid	Warmth helps to accelerate function of organs, without which they would slow down	The functions are: circulation, dispersion, elimination and absorption, Blood synthesis, firming and holding
As Blood also moistens tissues, a Blood deficiency would cause a lack of moisture. As Blood is also a thick fluid in the body, it can cause or lead to dampness or stagnation	Yin has the ability to cool the organs and tissues of the body. A Yin deficiency would cause dryness and heat symptoms	Yang deficiency causes coldness and cold related symptoms in the body. It would also cause retardation of the function of organs	A Qi deficiency in an organ can cause stagnation of fluid or Blood flow; or it could result in retention of stool or water; it could produce malabsorption symptoms such as diarrhoea after meals or diabetes mellitus

Table 9.1–cont'd

Blood	Yin	Yang	Qi
Blood deficiency causes paleness, dizziness, numbness which improve with activity, weakness and tiredness following work, poor memory and sleep and blurred vision	Yin deficiency causes dryness and heat symptoms such as hot pains, hot flushes, restlessness, night sweating and low fever, tachycardia etc.	Yang deficiency causes coldness, cold pains in muscles and joints, cold diseases in the interior, paleness and some clamminess, all symptoms that improve in a warm climate	Besides symptoms of stagnation and retention, Qi deficiency could also cause leakage symptoms such as cold sweating, incontinence of urine or stool. It can result in loose connective tissue and muscle, cause sagging skin or prolapse of internal organs

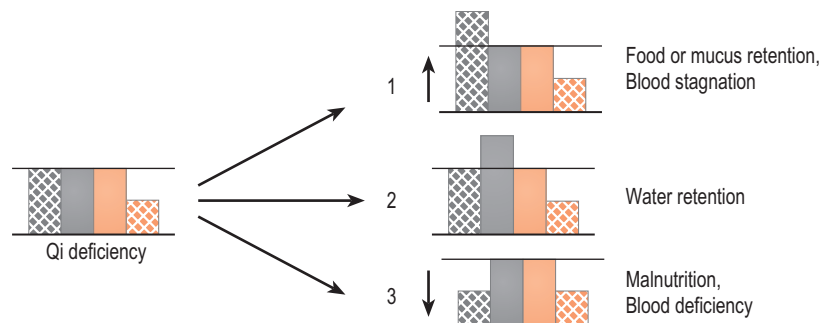
9.2 WORKING WITH ACUPUNCTURE ON YIN, YANG, BLOOD AND QI

Qi deficiency

Say we have a Qi deficiency in an organ:



1. Qi deficiency could cause poor circulation (this may be because of poor function of the Spleen or Stomach, causing retention of food or stagnation of mucus; or it could be a retarded Heart function, resulting in stagnation of Blood).
2. Qi deficiency could cause poor elimination function (if the Kidney function is affected, this could cause water retention [thin fluid]).
3. Qi deficiency could cause poor absorption or Blood building function (malabsorption syndrome – with malnutrition; or poor function of Blood synthesis, resulting in Blood deficiency).



Common symptoms and treatment

Table 9.2	
Symptom of poor function	Treatment
Poor circulation causes stagnation of fluid, excessive mucus, oedema, fullness, heaviness; Poor function of elimination causes retention – constipation, water retention, oedema, keeping in emotions such as sadness or anger.	<ul style="list-style-type: none"> ■ Improve function, remove stagnation ■ Back-Shu point of organ (needle and cupping) ■ Plum-blossom tapping at back of organ ■ Luo-connecting point of Yang organ
Poor function of Blood building causes anaemia, paleness, tiredness, poor endurance, poor memory and sleep, easily sleeping hands and legs, blurred vision	<p>Improve function of Blood building: all points above, except Luo point of organ; Add Mu-front point of affected organ or tonify the Yin of organ; UB 15 and Ren 14 to tonify heart; UB 17, Sp 10, GB 39 and Iron</p>
Poor function of holding and firming causes incontinence, slow bleeding (bruising easily, spotting, gum bleeding)	Sp 1 moxa against slow bleeding; tonify Yin and Yang of affected organ

General advice against stagnation:

- Drink thin, warm fluids
- Eat unrefined grains
- Eat cooked and warm food
- Eat less food in the evenings
- Use pastel colours in the living space

Yang deficiency

If we consider a **Yang deficiency**:



Yang deficiency

Symptoms

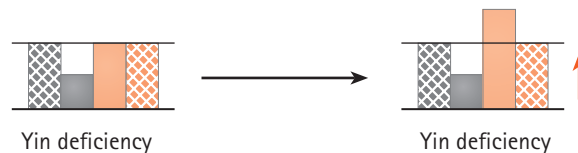
This does not cause a stagnation situation directly.

- Yang deficiency causes cold symptoms in an organ or in an area of body.
- It may cause a slow retardation of the function of an organ, which may in turn lead to stagnation of fluid or Blood.
- Yang deficiency, as a symptom, will manifest in pains and stiffness in muscle or joints that are aggravated in cold weather and at rest, and improve in warm weather and with activity

Treatment

- Moxibustion – on Mu-front and back-Shu points of affected organ
- Tonification point or Sea point (point at knee or elbow) of Yang organ of the coupled organs
- The Grandmother point of the Yin organ
- Advise eating bitter foods, and drinking bitter teas
- Advise eating red meat and fish, cooked and warm
- Advise using bright colours

Yin deficiency

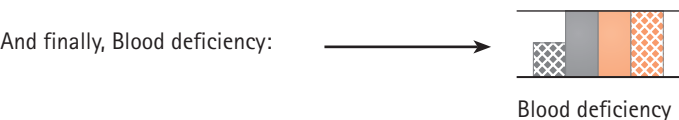


Yin deficiency in an organ and related tissues causes dryness and leads to heat that is uncontrolled and flares upwards.

Symptoms and treatment

Symptoms	Treatment
<ul style="list-style-type: none"> ■ Dryness, hardness ■ Tension, and cannot loosen or relax ■ Restlessness, hot ■ Insomnia, night sweating ■ Hot flushes ■ Nightmares ■ Burning eyes ■ Recurrent Yang excess symptoms (migraine, tendonitis) 	<ul style="list-style-type: none"> ■ To irrigate and to cool ■ Water (drink Water, eat watery foods) ■ Pre-soak foods and cook in Water ■ Tonify Kidney Yin and Yin of organ <ul style="list-style-type: none"> – Use Mu-front point – Luo point of Yin organ – House-element point of Yin organ – Grandmother point of Yang organ ■ Use dark, deep colours and water features ■ Swimming is preferred to other sports ■ Seafood (preferably not red fish) is good as it has Water energy ■ Adding salt to food in moderation will help to retain more Water ■ Some raw foods and salads (not in the evenings) will reduce body heat ■ A short mid-day rest is rejuvenating, as it is the lowest energy time for the patient in a Yin deficiency state

Blood deficiency

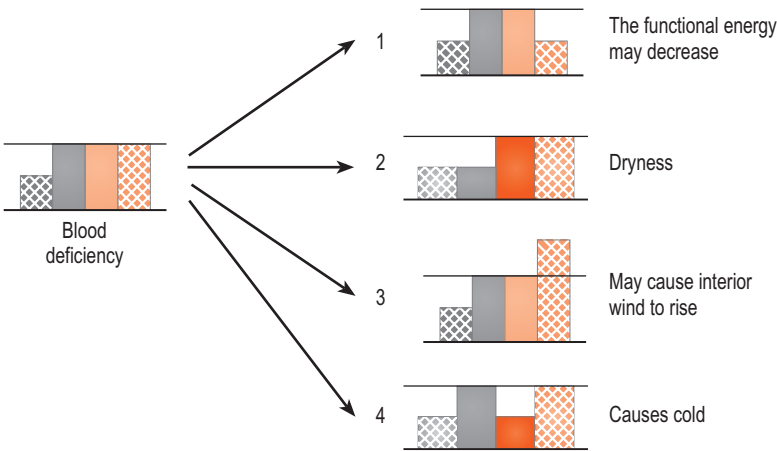


Blood is fluid + nutrition. It is nourished by the Spleen through food and drink and by the Lung through breathing; the Kidneys make bone marrow, which makes Blood without all this nutrition, and the Heart synthesizes red Blood, putting all the different nutrients together. The Liver stores and releases Blood – and when there is Blood deficiency because of any reason, the Blood stored by the Liver is also decreased. The term ‘Blood deficiency’ in TCM does not mean that the patient has a low haemoglobin count. But iron, both in food and as a supplement, does help in the treatment.

Symptoms and treatment

Table 9.4	
Symptoms	Treatment
<ul style="list-style-type: none">Paleness, coldness, dizzinessAlways tired, weakness, poor sleepEasily sleeping arms and legs, numbness or pins and needles improve with activityNumbness as an aura before headachesHeadache after menstruation or stressWeak muscles and tendons, poor endurance, pain with over-useLittle and scanty menstrual bleeding with long cycles. Depression, anxiety	<p>Mostly common are Heart and Liver Blood deficiency.</p> <ul style="list-style-type: none">Blood building points:<ul style="list-style-type: none">Ren 14, UB 15, Sp 10H 9, SI 3, GB 39Sweet food, grains, potato, proteinsMilk foods in moderationThick soups (chicken soup!)Over-cooked foods, to digest easilyRed, yellow and orange colours

Blood deficiency can cause imbalances in Yin, Yang or Qi:



Blood deficiency may cause Qi deficiency

All organs and tissues need Blood and nutrition in order to function continuously, otherwise they would get exhausted and stop functioning. If Heart Blood became deficient, the person could have bradycardia, hypersomnia and problems with concentrating for long; If Liver Blood became deficient, the muscles would tire quickly during activity; if Spleen Blood became deficient, the person would feel weak and hungry, be weak in the limbs and suffer slow bleeding symptoms; Lung Blood deficiency would cause thin and dry skin that wrinkles and injures easily but does not heal well, and the 'opening and closing' function of skin would be affected; Kidney Blood deficiency would retard the function of menstruation, fertility, sensitivity and the function of the nervous system.

Treatment:

- Points for Blood building
- Mu-front and back-Shu points of affected organ
- Tonification of the Yang of the coupled organs

Blood deficiency may cause dryness

Since Blood is a fluid, Blood deficiency can cause dryness in the skin, hair and nails. This is referred to as 'Blood dryness' as opposed to Yin deficiency. In this case, the dryness cannot be improved by increasing Water intake and eating Yin-type foods.

Treatment

- Blood-building points and Yin tonification of the related organ.

Blood deficiency may cause internal wind to rise

Just as Yin deficiency causes Yang to rise from time to time, Blood deficiency can cause wind to rise from time to time. The symptoms for this rising internal wind would be fibromyalgia, migraine headache, high blood pressure, wandering musculoskeletal pains or other symptoms of an irritating nature (such as itching sensation). This internal wind rises from the Liver during Liver Blood deficiency. But it can attack and manifest in other organs, especially the Lung, which is also Blood or Yin deficient.

Treatment

- Use the points for Blood building
- Wind-elimination points for the appropriate area with the correct wind elimination needle technique (p. 431)
- Liv 2 – as Wind-elimination point
- Sedate GB 38 to sedate the Yang aspect of the Liver

Blood deficiency may cause coldness

It is clear that if the Blood does not reach some place, it will remain cold. If one is hungry or has had less sleep, it is normal to feel cold in the body. A good meal or long sleep can make one feel warm again. Blood deficiency coldness usually manifests as a characteristic marbling on the limbs. This can be observed in patients with chronic tendo-vaginitis, cellulite, etc. Coldness where there is no Blood deficiency shows pale or purplish (in Blood stagnation) colouring.

Treatment

- Blood-building points and many local needles in the affected area.
- Moxa or cupping in the area would also help.

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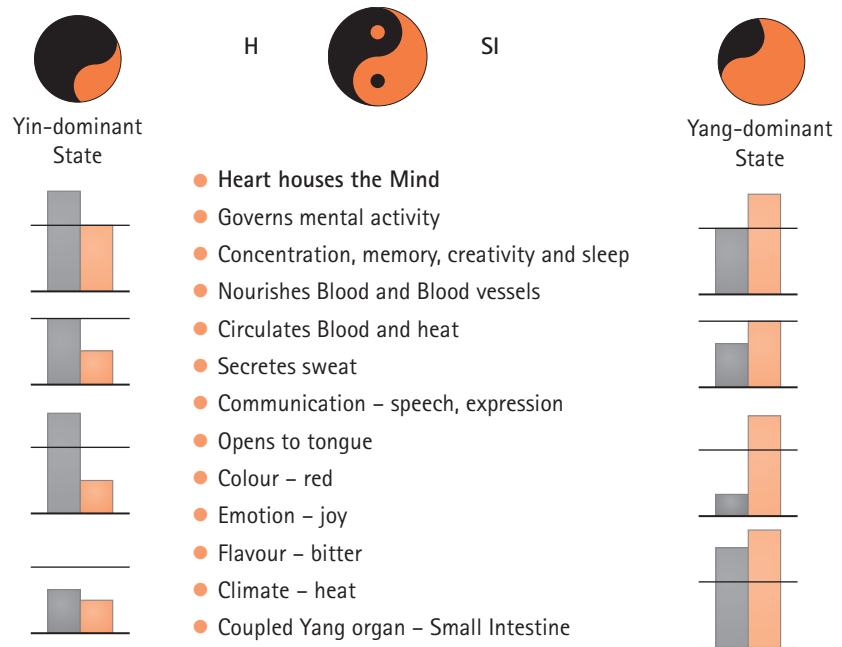
CHAPTER 10

The Fire Element – Heart and Small Intestine

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10.1 FIRE ELEMENT – THE CONCEPT



This is the first element that we shall study together, and I would like to start by explaining the tower diagram. In the centre is the Heart and the Small Intestine and surrounding them are all their associations. Most of these aspects, such as mental activity, sleep, nourishing Blood, secretion of sweat, speech and emotion, are mainly related to the Yin organ – the Heart. It is the Heart that circulates Blood and heat, not the Small Intestine.

But the Heart and the Small Intestine are coupled organs, and this means that they have an interior–exterior relationship (p. 157–163). Through this interior relationship, energy flows from one organ to the other, from where it is high to where it is low. If Heart Yang rises – it would flow to the Small Intestine. And if the Small Intestine cannot get rid of this excess Yang, then the Small Intestine Yang would become excessive as well. As long as the Small Intestine Yang was not in excess, Heart Yang will flow to the Small Intestine and be reduced to normal.

If the Heart Yang became deficient, then the Small Intestine will try to fill in that deficiency. And if the resources to replenish Small Intestine Yang become depleted, then the Small Intestine would become Yang deficient in due course.

Box 10.1

The coupled organs usually have the same picture of imbalance, unless the energy flow between them is blocked for some reason. However, they have their own division of labour, and there are specific functions for each of the coupled organs. If one of them is imbalanced, the other is affected almost instantly, because of the interior energy flow that connects the two organs. The interior relationship between the coupled organs is taken into consideration when treating the imbalanced state in either of the two.

In the following sections, as I explain each of these associations, I will also discuss the imbalanced states of these functions. At the end of section 10.1 is a summary of Heart and Small Intestine associations. Section 10.2 presents commonly seen diseases and symptoms with their differential diagnosis and treatments.

10.1.1 Heart houses the mind – governs mental activity, memory and creativity

The brain consists of marrow, which is a substance that belongs to the Kidneys. Although the Kidneys make the brain marrow, the brain function relates to the Heart. For instance, Alzheimer's disease which results from loss of brain cells, is caused by a deficiency of Kidney Yin. But the earliest symptom is loss of memory, which is caused by the deficiency in Heart Yin as well.

If our brain is active and our head gets warm in the process – it is our Heart Qi that is responsible for this brain activity. So the greater our intelligence and brain activity, the higher the Heart Qi will rise. Heart Qi is the function and Heart Blood provides the fuel for this function. Heart Blood and Yin are reduced through the day during our brain activity, but are replenished daily through sleep and relaxation.

Heart Qi	Mental activity	Heart
	Highly intelligent	Qi ↑
	Mentally retarded, dull	Qi ↓
	Good concentration	good Qi
	Short term concentration	Blood ↓
	Poor concentration	Qi ↓ (Blood ↓)

The Heart function governs the quickness to learn and understand whereas the Heart Yin and Blood help to store and remember information. If Heart Blood is deficient, memory is poor and it becomes difficult to store information, even though function could be good.

Heart Blood	Memory	
	↓ Memory (short-term)	Heart Blood ↓
	↓ Memory (long-term)	Kidney Yin ↓
Heart Qi	Creativity	
	↑ Creativity, extroverted, confidence	Qi ↑
	↓ Creativity, introverted, lacks confidence	Qi ↓
Heart	Sleep	
	Acute insomnia, hot, excited	Yang ↑
	Chronic insomnia, hot, excited	Blood and Yin ↓ Yang ↑
	Chronic insomnia, cold, exhausted	Blood and Yin ↓ Yang ↓
	Hypersomnia	Qi ↓ (Yin ↑)

10.1.2 Heart nourishes Blood and Blood vessels

Heart synthesizes red Blood and circulates it to the whole body. Anaemia or Blood deficiency is **caused by** Heart Blood and Qi deficiency, and **causes** Liver Blood deficiency. Blood deficiency can create other problems such as low blood pressure and low mental energy.

Heart circulates Blood and heat.

10.1.3 Heart secretes sweat

As the Heart is a central circulating organ, problems with Heart function will create temperature changes in the central and upper body and hands, but not necessarily in the feet.

Sweating is the body's mechanism to cool itself if the temperature is too high. Though the climatic factor that promotes sweating is associated with the Heart, the actual function of opening the skin and releasing sweat is that of the lungs.

Excessive heat in whole body, thorax face and hands	Yang ↑ in Heart
Excessive heat and excessive sweating	Yang ↑ Yin ↑ in Heart
Excessive heat with concentrated sweat	Yang ↑ Yin ↓ in Heart
Cold in body, thorax and hands	Yang ↓ in Heart
Cold but excessive sweating (same areas)	Yang ↓ Yin ↓ and Lung Qi ↓ *(leakage)

* Leakage: when Heart Yang is deficient, we should not sweat as we will become colder. Here the release of Yin is not for cooling the body which is already cold, but a sign that the Yang cannot hold the Yin in any longer. This is called a leakage – a deficiency of both. And it is also a functional (Qi) deficiency of the Lung, because it is the task of the skin to open and close effectively – and in this case, the skin pores are open in spite of the body being cold.

10.1.4 Heart governs speech

A person with a good Heart Qi will be able to communicate excellently with anyone, with or without the knowledge of their language. Another person who is very learned might still have a problem communicating simple messages to others.

In communication, the **expression** is Yang; the **contents** are Yin. Those who are able to speak eloquently and non-stop, dramatically and in a way that is enthralling to listen to and watch are Heart Yang excess personalities. Their Heart Qi is abundant; and if they cannot maintain talking in this way and continuing to inspire others, then the Heart Blood and Yin are weak. If their speech is full of empty eloquence and does not contain many ideas, it indicates a lack of substance and a Yin deficiency too.

If a person has much to say but finds it difficult to express themselves, it indicates Heart Qi deficiency. Speech can be improved with practice (function), which also increase one's confidence (Yang).

There are people who ramble on, with nothing to say, and what ever they do say, they say it badly. They contradict themselves, mix issues and have problems answering questions. This is a leakage, where both Heart Blood and Qi are low and 'incontinent'.

Speech

- Fast, with many hand gestures, high voiced – Heart Qi and Yang ↑
- Devoid of information but entertaining – Yin ↓
- With much information as well – Yin ↑
- Slow, monotonous, hesitant, robotic – Yang ↓, Qi deficiency ↓
- Verbose, rambling – Yin ↓ Yang ↓ (leakage)

The voice

The abduction and adduction of the vocal cords is related to the tone of the voice and therefore, the Heart Yang and Qi:

- High-toned – Yang ↑
- Deep-toned – Yang ↓
- Rough, hoarse – Yin ↓
- Weak voice
- Paralysis of vocal cords } Yin and Yang ↓

10.1.5 Heart opens the tongue

The actual nature of protrusion of the tongue shows the character of the person rather clearly. Strong protrusion indicates an extroverted person, and shy, mild protrusion an introverted character.

The colour of the tongue: One should consider mainly the front of the tongue as this is the part that is related to the upper warmer. The colour in this area shows the state of Blood, energy and fluid in the Heart.

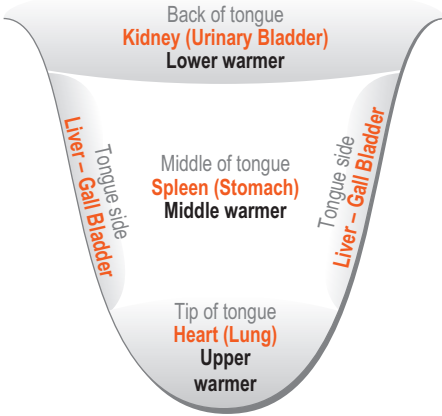
Red Tongue	Yang ↑
Pale Tongue	Yang ↓ (Blood ↓)
Red papillae	Yin ↓ Yang ↑
Purple Tongue	Blood stagnation with Qi ↓

(For more information on tongue diagnosis, see p. 233.)

The use of the tongue in speech is very important. A person who stammers has ↓ Yin of the Heart and the stammering is worse in nervous (Yang ↑) situations. Slurring or lisping, however, are more of ↓ Qi of the Heart, as is any problems with clearly enunciating words.

'Tongue is the mirror of the Heart'

Nevertheless, the tongue also shows the condition of the Blood, energy and body fluid of other organs of the body.

Urinary system and reproductive system	lower warmer
	
Spleen, Stomach, Liver, Gall Bladder, Small and Large Intestines	middle warmer
Heart and Lung	upper warmer

10.1.6 Associated colour – red

The Heart circulates Blood and heat to the body, especially to the thorax, face and arms. Hence a red face or a pale one would be attributed to an imbalance of Heart. The facial colour is a good indication of the Blood and circulation function of the Heart.

Face colour

- Red face – Heart Yang ↑ Blood ↑ (also Liver Yang ↑)
- Pale face – Blood ↓ Yang ↓ (also Liver Blood ↓)
- Lung Yin or Yang deficiency
- Pale face with red cheeks – Blood or Yin ↓ Yang ↑ (in Heart or Lung)
- Purple face – Blood stagnation with Qi ↓

Because Red is the colour highlighted by the Heart, it is also the colour that can bring energy to the Heart. When we ask the patient to say if they strongly like or dislike an **environmental colour**, this would also give us a clue as to whether there is an excess or deficiency of energy in any organ system.

Like and dislikes

- Likes bright red – Yang ↓
- Likes pink or lilac – Qi ↓
- Likes deep red or purple – Yin or Blood ↓
- Dislikes bright red – Yang ↑
- Dislikes deep red or purple – Yin ↑

10.1.7 Associated flavour – bitter

As in coffee, cocoa, Campari, chicory, bitter-gourd, grapefruit, red cabbage and over-toasted or roasted food.

When a person has fever, they could have a bitter taste in mouth. This shows that they have excessive heat in the body. But there is a craving for bitter foods when there is a Yang deficiency in the Heart.

We consume coffee to keep our minds active, and those who need many cups of coffee or very strong coffee are people who need more bitter flavour in order to stimulate their mental activity (Heart Yang and Qi). But others could suffer from tachycardia or have problems going to sleep after one cup of coffee as the bitter increases their Heart Yang.

- Sweet-bitter flavour (such as coffee with milk and sugar or bitter chocolate) increases Heart Yin.
- Craving for bitter flavour indicates Heart Yang deficiency.
- Craving for sweet-bitter flavour indicates Heart Yin deficiency.

10.1.8 Associated emotion – joy

Joy is the inner light within us, our contentment with life, whereas laughter is the expression of joy. When a person talks and laughs very much, his or her Heart Yang is high. If one is never content, or their laughter is empty of joy, then there is a Heart Yin deficiency.

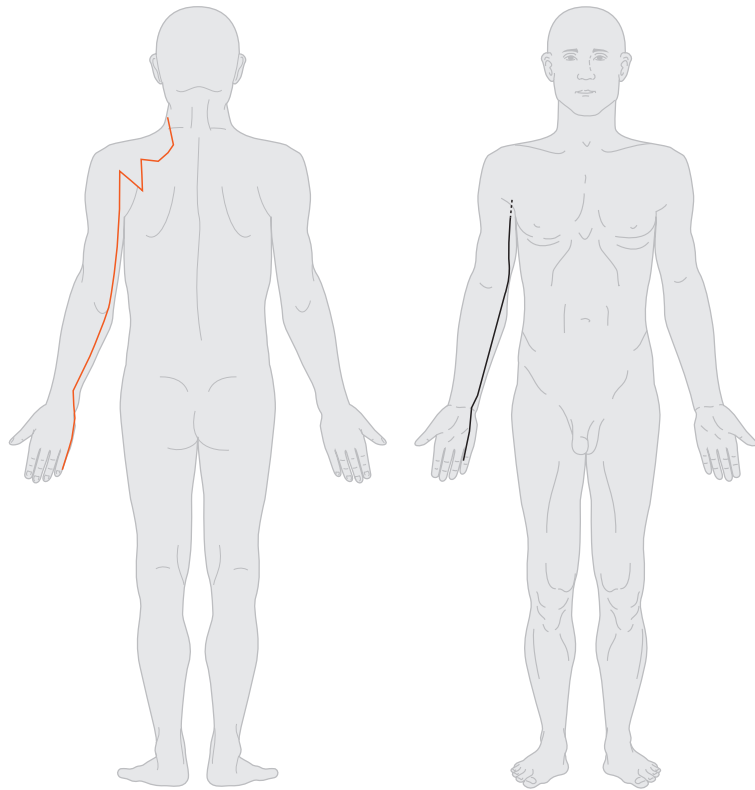
- Excessive joy and laughter – Heart Yin and Yang ↑
- Less joy but lot of laughter – Yin ↓ Yang ↑
- Less joy and laughter – Yin ↓ Yang ↓ (Blood and Qi) ↓
- Content but does not laugh much – Yang and Qi ↓

As I continue to put every aspect of the Heart into Yin or Yang slots, I do not wish to give my readers an impression that this is a permanent typing of energy in people. Certainly not! Tao teaches us very early in life that nothing is permanent, that everything is undergoing a continuous change.

For example say you wake up one morning to clear blue skies, have enough time for a good breakfast that hopefully someone else made for you, get to work and your first two patients are very well after your treatment and sing your praises. How would you feel? Happy and content! If there is energy that comes to our Heart from food, love, sleep, sun, mental stimulation and praise and encouragement – it is sufficient for filling the Heart. If things are going wrong at work, there are problems between staff, and the atmosphere is not good, if the sleep is affected and the weather is cold and grey – it is difficult to keep our inner light burning!

But if day-to-day life situations and weather can give or drain our Heart energy, then it is also possible to increase it with acupuncture! If we can tonify (increase) the energy levels in the Heart, this will also improve the mood of the patient – and all our depressive patients would feel better.

10.1.9 Coupled organ – Small Intestine

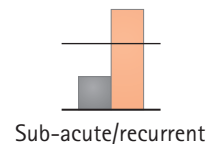
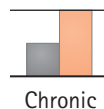


The Small Intestine couples with the Heart, and has an internal link with it. Each time the Heart is imbalanced, the Small Intestine will become imbalanced in a similar way. This may cause symptoms **immediately** (such as acute abdominal symptoms during a Heart infarction), or **later** (as in malabsorption diarrhoea in Heart Qi deficiency). The Small intestine is an organ that absorbs nutrients and fluid for the body.

Yang dominant state: Severe colicky pain, radiates to groin or to the back with urgent stools or diarrhoea. Distension with much of activity, perhaps also vomiting, fever, pain on pressure.

Symptoms worsen with activity, coffee, alcohol, spicy or sour foods and improve with bland, light and over-cooked food.

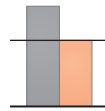
Yang dominant states:



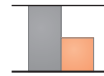
Yin dominant state: Dull, constant pain, heavy, weighing down, distension without much wind, malabsorption diarrhoea without much pain.

Symptoms improve with activity, black coffee, dry food – such as toast. Worsen with fatty foods, milk foods, salads and raw, cold foods

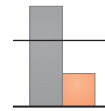
Yin dominant states:



Acute



Chronic



Sub-acute recurrent

10.2 DISEASES OF THE FIRE ELEMENT

10.2.1 Paroxysmal tachycardia

At the time of tachycardia, Heart Yang is in excess. This could be treated with points P 6, H 6 sedation, Du 20 and SI 8 sedation. It is more important to prevent further episodes from occurring. There are three imbalanced states of the Heart that can cause paroxysmal tachycardia – Heart Yin deficiency is most common. These states and their balancing treatments are given below.

Treatment

- Local points – Ren 14
- Distal points – P 6
- Symptomatic points – Du 20

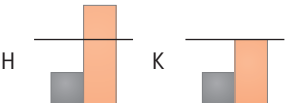
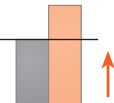

Table 10.1

Blood and Qi deficiency	Heart Yin deficiency	Qi deficiency and Blood stagnation
<ul style="list-style-type: none"> ■ Tachycardia and irregular arrhythmia on exertion with breathlessness ■ Weak voice ■ Depressive ■ Low blood pressure, cold ■ Good in moderate weather 	<ul style="list-style-type: none"> ■ Paroxysmal tachycardia on excitement or anxiety ■ Can occur any time ■ Normal heart rate is around 80–90/minute, not necessarily rapid ■ Anxious, excitable person 	<ul style="list-style-type: none"> ■ Normally bradycardia ■ Has missed beats on and off (regular arrhythmia) ■ Better in warm and dry weather ■ Often worse in wet, cold weather and nights ■ Dull, sleepy person ■ Oedema, cyanosis
Treatment		
<ul style="list-style-type: none"> ■ Ren 14, UB 15 ■ Ren 17, UB 14 	<ul style="list-style-type: none"> ■ Ren 14, H 5 ■ Sp 6, K 7, Liv3 	<ul style="list-style-type: none"> ■ UB 15, SI 7 (Luo point) ■ St 40, UB 20, UB 23

- Initial treatments – 2/weekly – about 4 sessions
- Then maintenance – 1/weekly – 4 sessions
- Treatments – 1/monthly – 4 sessions

10.2.2 Insomnia

In all cases: Du 20, An Mian 1 and 2, P 6, UB 62

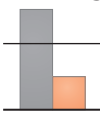
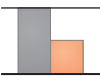
Table 10.2		
		
<ul style="list-style-type: none"> Pale face with red cheeks Restless person Talks too much and too fast Active mind Tachycardia or anxiety related to insomnia Dream disturbed sleep 	<ul style="list-style-type: none"> Ascending middle warmer Usually Liver Yang ↑ ascending to upper warmer Loud voiced, tensed, red faced person Can sleep after 3 am Headache associated with insomnia May be hypertension 	<ul style="list-style-type: none"> Pale face, hypotension Arrhythmia, anaemia Talks much and laughs about nothing Feels tired but mind becomes active as head touches pillow Cold sweating of hands Depression, early morning waking
Treatment		
<ul style="list-style-type: none"> Add: Ren 14, H 5, SI 8 sedation K 7, drink water Cool, blue room 	<ul style="list-style-type: none"> Add: GB 34 sedation, Lu 7, Liv 3 Sp 6 descending Breathing exercises to relax 	<ul style="list-style-type: none"> Add: Ren 14, UB 15, Lu 1, UB 13 Sp 10, UB 17

Treatment for chronic insomnia must be given every day for eight to 10 days. The treatments should be given in the evenings. Semi-permanent needles on Ear Shenmen or the Heart could be used.

10.2.3 Hypersomnia (narcolepsy)

Treatment

Du 26, K 6 needle and moxa




Table 10.3	
<p>Heart Blood stagnation</p> 	<p>Spleen/Stomach Qi ↓</p> 
<ul style="list-style-type: none"> More sleepy if too warm or too cold Sleepiness worse after long sleep Bored and boring person Dull, drawling speech, deep voice Large, cyanosed tongue, teeth marks Slow, full and slippery heart pulse 	<ul style="list-style-type: none"> More sleepy after meals or in wet weather Sleepiness worse if eating much Oedema of eyelids, hands and feet Teeth marks on tongue Slippery pulse in spleen position
Treatment	
<ul style="list-style-type: none"> UB 15 SI 7(Luo point) Sp 9, GB 37 Physical exercise 	<ul style="list-style-type: none"> Ren 12 moxa UB 20/21 UB 39 St 40 (Sp 9 if obese) Small meals, unrefined carbohydrates and cooked warm meals

- 2 sessions/weekly – 4 sessions
- 1 session/weekly – 2 sessions
- 1 session/fortnightly – 2 sessions

10.2.4 Cold hands and feet (Raynaud's syndrome)

Treatment

- Local points: Ba Xie, Ba Feng
- Influential points: Lu 9
- Energy-balancing points (Table 10.4)

Table 10.4		
<p style="text-align: center;">Heart</p>  <p style="text-align: center;">Heart Yang deficiency Hands only</p>	<p style="text-align: center;">Kidney</p>  <p style="text-align: center;">Kidney Yang deficiency Feet only</p>	<p style="text-align: center;">Spleen</p>  <p style="text-align: center;">Spleen Yang deficiency Hands and feet</p>
Treatment		
<ul style="list-style-type: none"> ■ UB 15, SI 3, H 3 ■ Occasionally Ren 14 ■ P 8 Moxa 	<ul style="list-style-type: none"> ■ UB 23, UB 67 ■ K3 (needle and moxa) ■ K 7 occasionally ■ K 1 moxa 	<ul style="list-style-type: none"> ■ UB 20, Sp 1 Needle and moxa ■ St 36 ■ Liv 13 occasionally ■ Moxa P 8 and K1

Many patients with cold hands and feet, such as those with Spleen Yang deficiency, are also quite thin, giving the impression of being Spleen Blood and Yin deficient as well. It is important that they eat more proteins, and also cooked food (not raw food) and drink warm fluids.

Treatment should ideally commence middle to late November.

- 2–3 sessions weekly – 10 times makes a course
- After a month's interval, another course may be done if necessary.
- Treatment should be done over three years, mostly one course per year.

The diagnosis and the treatment given above are made on the basis that there is enough Blood and fluid in the organs and only the Yang needs to be tonified in order to improve circulation.

10.2.5 Hyperactivity in children

Treatment

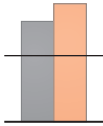



General tranquillizing points

Du 20, P6, UB 62, An Mian 1 and 2

Energy-balancing points

K 7 or 10, Sp 6, Lu 7, Ren 3, 14

No caffeinated drinks, drink water, blue colour in room, blue night light.

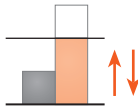

Table 10.5		
Heart/Lung Hot sweating	Lung/Kidney Night sweating	Heart/Lung Cold sweating
		
<ul style="list-style-type: none"> Hot person General sweating all over body Sweat is watery 	<ul style="list-style-type: none"> Hot sweating at nights or during sleep Urine little and dark Dry person Malar flush Afternoon fever 	<ul style="list-style-type: none"> Cold person and sweating mainly in extremities – hands Watery sweat If Lu and LI,  would have chronic rhinitis, chronic diarrhoea etc.
Treatment		
<ul style="list-style-type: none"> SI 8 sedation TW 10 sedation If Lu Yang high, may have cough, bronchitis, etc Lu 5 heat elimination LI 2 sedation Ren 17, 14, 3 Sp 6 descending technique 	<ul style="list-style-type: none"> Lu 1, Ren 3 Lu 7, K 7 already given If Ren channel has a scar, it should be unblocked. 	<ul style="list-style-type: none"> Ren 14, UB 15, Lu 1, UB 13, Ren 17, LI 11 to improve skin function. Moxa on P 8, K 1 to warm extremities
This sweating is due to excessive heat and the Yin trying to control it	This sweating is due to rising heat from Yin deficiency It would improve once the Yin increases	This sweating is due to poor function of the skin pores; they need to close to keep the heat in

2 sessions per week – 10–14 sessions

10.2.7 Stammering

Treatment

- Local points – Ren 23, SI 17
- Symptomatic points – Du20, P 6, Lu 7
- Energy-balancing points (Table 10.6)

Table 10.6	
Hyperactive Heart Yang	Liver Yin deficiency
	
Treatment	
<ul style="list-style-type: none"> H 5 Luo, Ren 14, Mu-front 	<ul style="list-style-type: none"> Liv 3 or Liv5

Chronic stammering is due to Heart Yin deficiency; it worsens when a person is anxious or nervous – when Heart Yang increases. Point H 5, the Luo-connecting point, is used to tonify Yin and sedate the Yang of Heart; Ren 14, the Mu-front point of Heart, cools and calms the Heart. Point Liv 3 is a Symptomatic point against nervousness. It may be alternated with Liv 5, the Luo-connecting point, which also tonifies the Yin and sedates the Yang of the Liver.



The local points Ren 23 and SI 17 are very useful in relaxing the tension at the tongue base.

- 2 sessions/weekly × 4
- 1 session/weekly × 4
- 1 session/fortnightly × 4

10.2.8 Slurred speech (and lisping)

Treatment

- Local points – Ren 23, SI 17
- Distal points – LI 4
- Energy-balancing points (Table 10.7)

Table 10.7	
Heart Blood stagnation	Liver Qi deficiency
	
Treatment	
■ UB 15, SI7	■ UB 18, GB 43

Slurring, lisping and speaking with the mouth closed are speech problems relating to Heart Qi deficiency; these cause difficulties in being understood, and acupuncture treatment can greatly help improve articulation.

- UB 15, the Back-Shu point of Heart, improves the function.
- SI 7, the Luo-connecting point of Small Intestine, is used to circulate the stagnating Yin – by tonifying the Yang and sedating the Yin.
- Liv points are used to improve the muscle movement.
1–2 sessions weekly – 14 sessions

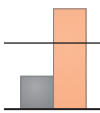
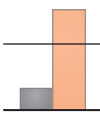
10.2.9 Stomatitis (sores and ulcers on tongue and mouth)

Treatment

- Local points*: Ren 23, 24, ST 4
We should ensure that there are no scars blocking the Ren meridian, so that the Yin cannot rise to the face. If so, these scars should be unblocked by placing two needles, one above and one below, on the Ren and both Kidney meridians.
- Distal points: LI 4, St 44
- Symptomatic points: Sp 10
- Energy-balancing points (Table 10.8)

* These local points are used in order to bring the Yin from below, to the mouth.

Table 10.8

Heart	Stomach
	
The Heart-Fire state is often due to constant excitement; not sleeping at night but in the day. Stage actors and performers suffer from this state	The Stomach heat state could be as a result of strong flavoured foods; or retention of food because of eating too late in the evenings; it could be also due to being hungry for too long
Treatment	
<ul style="list-style-type: none"> H 5, SI 4 sedation Ren 14, Du 20 UB 62 No coffee or cigarettes More sleep at night 	<ul style="list-style-type: none"> St 44 sedation, P 6 Ren 12, Liv 3 Sp 6 No acidic food No strong flavoured food

- If symptoms are acute – 2–3 sessions/week
- When chronic – 1 session/week
- 6–8 sessions in total

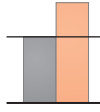
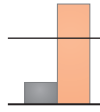
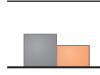
10.2.10 Crohn's disease

Though this is a Yang dominant disease, the Qi (the function) of the Small Intestine is affected from the time it becomes a sub-acute illness. Therefore points to improve function – the back-Shu point – should be given. The heat can be continuously removed by a bleeding cup on back-Shu, or by applying heat elimination needle technique on any relevant points. Point St 39, the lower Sea point of the Small Intestine, is used throughout the treatment, with the sedation technique if symptoms are acute and the neutral technique when there are no symptoms.

Treatment

- Local points: Ren 4, St 25, UB 27
- Distal points: St 36, 39
- Symptomatic points: St 25, 27

Table 10.9

Small Intestine Yang excess	Yin deficiency/Yang excess	Yin and Yang deficiency
		
Acute Small Intestine	Sub-acute Small Intestine	Chronic Small Intestine
Treatment		
<ul style="list-style-type: none"> St 39 sedation UB 27 bleeding – cup SI 8 sedation No coffee or alcohol 	<ul style="list-style-type: none"> SI 2, K 7 H 5, St 39 Small meals, over-cooked, simple, easy to digest 	<ul style="list-style-type: none"> Moxa on Ren 8 St 39, H 9, SI 3 Bland food, no wholemeal, oily foods or uncooked vegetables

Treatment should be started when medication is gradually withdrawn, if the patient is on steroids. In addition, the patient should **eat a simple and easy to digest diet – this will account for 50% of the success of the treatment**. This is mostly overcooked *refined* carbohydrates and root vegetables in small portions about five to six times daily. Food must be warm. Oils and meat, beans and dairy food must be avoided at the beginning.

After two weeks, white flaky fish can be included. After one month, boiled chicken or turkey, boiled cauliflower and broccoli can be added.



At the end of 2 months, the food eaten can be similar to a normal diet with no fried foods or fatty milk and cheese. Uncooked foods – including salads – must be avoided. Unrefined grains, spices and bread must be avoided for a year.

10.2.11 Endogenous depression

Such patients are depressed at the start of day, get better as the day goes on, or depending on what is happening around them. There is a marked absence of joy, though they can talk a lot. They wake up early in the morning, sometimes with panic attacks, and are afraid to face the day. They feel anxious about being in new situations, and feel hot *or* cold easily. Lack of self-confidence, loss of appetite and libido are other common symptoms. The depression lifts as the day goes on, depending on their activities and happenings around them.

These are symptoms of an empty upper warmer. The treatment is to bring in energy into the upper warmer. If the patient is sad and tearful, this would be a Yin and Yang deficient symptom in the Lung as well.

Diagnosis

Table 10.10	
Heart Yin and Yang deficiency	Lung Yin and Yang deficiency
	
Treatment	
<div><div></div> Strengthen upper warmer</div> <div><div></div> Ren 14, UB 15, P 6, moxa on Ren 17</div> <div><div></div> Lu 1, UB 13</div>	

Treatment

It is very important to use the Mu-front and back-Shu points of both the Heart and Lung, in order to improve the energy in the upper warmer. No other points work as well as these Local points. The Tonification points can be added after three to four sessions.

Later – H 9 alternating with H 3, SI 3, Lu 9, LI 11

These points can be added one or two at a time, 1/week – 6–10 sessions in all.




10.2.12 Poor memory and concentration

Treatment

General points

- Symptomatic points – Du 20 (in tonification direction), Ex 6 (Si Shen Gong)
- Influential points – GB 39, Lu 9

Energy-balancing points

Table 10.11		
<p>Poor memory</p>  <p>Heart Blood deficiency</p>	<p>Poor memory and concentration</p>  <p>Heart Blood and Qi deficiency</p>	<p>Poor concentration</p>  <p>Heart Qi deficiency</p>
Treatment		
<ul style="list-style-type: none"> ■ H 9, Ren 14 ■ K 7, Liv 3 ■ Sp 6 ■ Rest, drink water 	<ul style="list-style-type: none"> ■ Ren 14, UB 15 ■ H 9, SI 3 ■ Liv 3, GB 43 ■ K 7, Sp 10 	<ul style="list-style-type: none"> ■ H 9, Ren 14 ■ K 7, Liv 8 ■ More rest and sleep

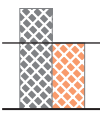

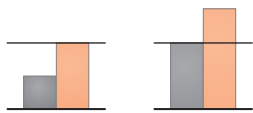
10.2.13 High blood pressure

Treatment

- Symptomatic points: LI 10, Liv 3, Lu 9 or St 36, LI 11, *Sp 6 descending technique (p. 434)

* Sp 6 descending technique should not be used in patients with arrhythmias, angina pectoris or history of Heart infarction.

Table 10.12

 Liver blood Excess (excess Blood and fluid)	 Excess Liver Yang (excessive tension)	 K Yin deficiency and Heart Yang excess (disharmony between Water and Fire)
<ul style="list-style-type: none"> Constantly high blood pressure Fat, phlegmatic patient Depressive, thick glasses Water retention/constipation 	<ul style="list-style-type: none"> High pressure with stress Normal blood pressure at night and in the morning Red face, red eyes Loud aggressive speech Easily tensed in body 	<ul style="list-style-type: none"> Young men of athletic build Less head hair Back problems Diastolic pressure high, not systolic pressure They could have malar flush and night sweats
Treatment		
<ul style="list-style-type: none"> Sp 9, St 40 St 25, TW 6, LI 4 ↓ Salty foods UB 23 needle and cup Light evening meal 	<ul style="list-style-type: none"> GB 38 sedation/TW 6 sedation Lu 7, Liv 5, Du 20, UB 6 Avoid stress and sour foods 	<ul style="list-style-type: none"> K 7/10, Lu 7, Ren 3 Drink water, baths Blue colour Sp 6 ascending

Patients with excessive tension could also be Blood deficient. They would not manifest a red face and loud aggressive voice. They:

- Are pale and easily stressed
- Are tired and irritable
- Have weak muscles with over-use pain in tendons
- Have tension in muscles and tendons with difficulty to extend joints
- Have fibromyalgia-type wandering pains in muscles and tendons
- They should be treated with Ren 14, UB 15, UB 17, GB 39 and such Blood Tonification points in addition to the ones mentioned.




Since hypertension is a chronic problem and can sometimes be latent without many symptoms, patients tend to feel content after a few acupuncture sessions and reduced blood pressure readings. However, the treatment must be continued for at least a year, even if it is only administered once a month.

10.2.14 Hypotension

Treatment

Symptomatic points: Liv 3, Du 26, Lu 9, K6 moxa, UB 17




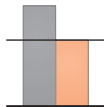


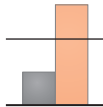

Table 10.13

<div>   </div> <p>Liver Blood ↓ / H Blood and Qi ↓</p>		<div>  </div> <p>Liver Yang ↓</p>
<ul style="list-style-type: none"> Less Blood-pale and weak person ↓ Blood pressure all the time Easily sleeping extremities Blurred vision, dry eyes, night blindness, craving for creamy food Long menstrual cycles, little bleeding Brittle nails Contraction of tendons 	<ul style="list-style-type: none"> Less tension in vessels Flaccid muscle tone Low Blood pressure – mainly in mornings Short or long sighted Soft voiced, low aggression, problems digesting fatty foods Pre-menstrual tension or dysmenorrhoea at onset of menstruation 	
Treatment		
<ul style="list-style-type: none"> Ren 14, UB 15, SP 10, Liv 1/8, GB 39, K 10 ↑ Salty foods and water 	<ul style="list-style-type: none"> UB 18, GB 43, ST40, K 3, Li 11 	

1 session weekly × 10

If Blood deficiency is present, iron may be given orally. This problem is quite common in young girls. The Liver Yang and Qi deficient type has very quick results after treatment. In addition, drinking the juice of half a fresh lemon each morning (sweetening it with some honey if wished) is also effective.

10.3 SUMMARY

Table 10.14 Heart and Small Intestine								
								
Mental capacity	↓ Memory	Slow, dull ↓ Creativity	↓ Concentration ↓ Memory, confusion	Excellent Memory like an elephant!	Very quick Very creative	Very quick and wise	Short periods of good concentration ↓ Memory	Dull, slow Introverted Lacks confidence
Sleep	Needs much sleep, superficial disturbed sleep	Low alertness Sleeps off soon	Always tired but cannot sleep	Sleeps very deeply May sleepwalk	Restless – cannot fall asleep Many dreams		Nightmares Superficial sleep, not fresh after sleep	Hypersomnia Always sleepy, does not improve after sleep
Blood	↓ Blood pale	↓ Circulation Cold	↓ Blood ↓ Circulation Sometimes hot Sometimes cold		↑ Circulation Red and hot	↑ Circulation Red and hot	Mostly pale and cold – red suddenly in patchy areas	↓ Circulation Cyanotic cold
Sweat	Little Concentrated night sweating	No sweat	Cold ↑ Sweating, mostly on face and extremities		↑ Heat Sweating	↑ Heat ↑ Sweating	↑ Heat ↓ Sweating Strong smell	↓ Heat ↓ Sweating
Speech	Little to say Stammering Hoarse voice	Little speech Slurred, deep voice	Talks much, says nothing, confused speech, weak voice		Talks fast and a lot, high voiced, excited	'Compulsive communicator'	Talks a lot, eloquent, less information, rough voice	Slow and hesitant, slurred, deep voice

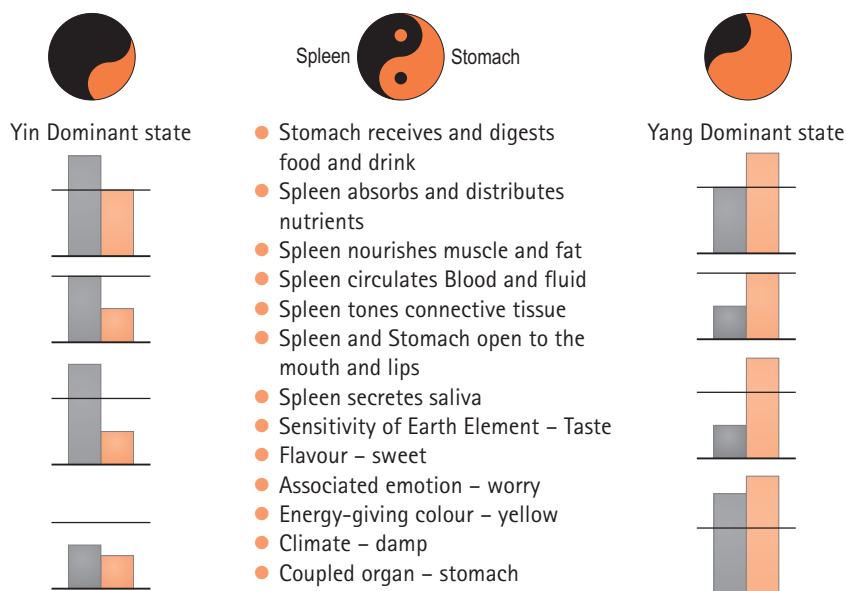
CHAPTER 11

The Earth Element – Spleen and Stomach

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11.1 EARTH ELEMENT – THE CONCEPT



11.1.1 Stomach receives and digests food and drink

What we put in our mouth first enters the Stomach. The Stomach digests this food and drink, ready for the Spleen to absorb the purer nutrients and send them ahead for nourishing Blood.

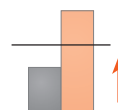
Hunger, appetite and thirst are associated with the Stomach. Let us take a closer look at these. Before we feel hungry, it is necessary to have an empty Stomach. This is not only to literally feel the emptiness of the Stomach, but also have symptoms of low Blood sugar or hypoglycaemia – to feel weak, shaky or even get a headache. As the Yin decreases the Yang tends to rise – this is the growling – burning with acidity and even anger that is hunger.

Stomach Yin deficiency



Emptiness, weakness

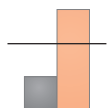
Stomach Yang rising



Stomach growling pain, hyperacidity, hunger

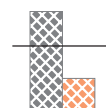
How often one feels hungry and how long one can tolerate hunger depends on the activity of the Stomach. If the Stomach activity (Qi) is too rapid, then it will empty very quickly, leaving the person feeling frequently hungry. If the function is slow, the emptying time is long – one seldom feels hungry and feels full for a long time after consuming food.

Stomach Yang rising with Yin deficiency



Feel hungry often, quick emptying

Stomach Qi deficiency with fullness



Slow emptying, feel full for a long time after eating

How much food one needs to eat to feel satisfied is different for different people. Some people feel quite satisfied after eating little quantities, whereas some others can eat a lot and continuously without feeling content. A major part of the Stomach wall is made up of muscle. As the food enters the Stomach, the peristaltic movement of the muscle wall begins – thus making the Stomach smaller and more compact. When the Stomach feels comfortably full, we stop eating. But if the tone of the Stomach muscles is poor it will lead to passive expansion and one can continue to eat. Such a person does not feel satisfied with the quantity of food he or she is eating. However, as the function of the Stomach is also poor, the emptying is delayed, and they feel full and uncomfortable for a long time after eating.

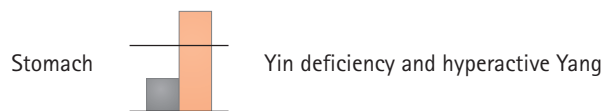
Hunger is the need for food – and appetite is the attitude to food

Hunger is unconditional – one can feel hungry at any time – day, night, in activity or sleep; but appetite is conditional – one can be tempted or trained to have an appetite.

One cannot become overweight when eating for hunger. But one can gain weight when eating for appetite, because such people do not recognize when to stop eating.

Treatment for episodes of hypoglycaemia

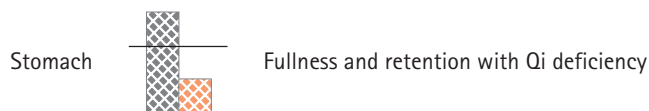
The treatment principle is to slow down the speed of emptying of Stomach (sedate Yang), and to make the food stay a longer time in the Stomach (tonify Yin).



- Ren 12 (Mu-front of Stomach)
- St 43 (Wood point – Grandmother point – tonifies Yin)
- Sp 21 (major Luo-connecting point) sedate St 42 (Yuan-source point) – tonifies Yin and sedates Yang of Spleen and Stomach
- Eat more protein and milk products; avoid refined carbohydrates.

Treatment against over-eating

Here we need to improve the emptying function of the Stomach (tonify Qi), and thereby eliminate retention of food.



- Ren 12 Moxa only (to be given daily for the first week) } to increase heat and function of Stomach
three times weekly from then on,
20 minutes before main meal
- St 40 (Luo-connecting point)
- Sp 9 (Water point of Spleen – eliminates fluid, reduces absorption)
- UB 20/21 (back-Shu of Spleen and Stomach – improves function)
- Eat wholemeal and unrefined carbohydrates, avoid fats
- Eat a light evening meal, early.

Generally, we tend to feel more thirsty when we are active or warm or when it is dry outside. When we are cold or when the weather is humid, we tend to be less thirsty. It is also quite normal to have a dry throat if one talks a lot and loudly (like a teacher), or at night if one tends to breathe through the mouth during sleep.

In all other situations, excessive thirst means:

- There is need for fluid –Yin deficiency. This could be a Kidney Yin deficiency.
- Or it could be a dry-heat symptom in the respiratory system.
- It could also be dryness in Stomach with cold or heat.

When thirst is a symptom of the Stomach, also ask the patient about their preference for hot or cold drinks. A cold Stomach (Yin dominant state) asks for boiling hot drinks, while a hot Stomach (Yang dominant state) prefers cold drinks. A hyper-sensitive Stomach (Yin deficiency with Yang excess) is sensitive to all and can only tolerate moderate temperatures and no fizzy drinks; and a Yang deficient Stomach is not sensitive and likes only extreme temperatures, and fizzy or burning drinks.

Hunger and thirst are governed by the same factors – and therefore should be present or absent simultaneously. But if a patient confuses hunger with appetite, in which case they may say that they forget to drink but are very hungry; or that they are often thirsty but not hungry. If this happens, then we should consider thirst as the symptom that is more important for diagnosis (and ignore the hunger).

11.1.2 Spleen absorbs and distributes nutrients

The Spleen absorbs what the Stomach digests, and sends the nutrients downwards to the Kidneys. The Kidney makes bone marrow, which makes Blood – and sends the Blood up to Lung in the upper warmer. The Lung introduces oxygen into the making of Blood, and finally Heart synthesizes red Blood – combining all these nutritional factors. The red Blood – once synthesized – will be circulated centrally by the Heart Qi to all the organs and tissues, and peripherally by the Spleen Qi. (See Blood metabolism, p. 30).

Absorption of nutrition is a function of the Spleen. If the Spleen function is deficient, there is malabsorption – diabetes mellitus (where glucose absorption is affected), malabsorption diarrhoea after meals, or vomiting after meals are all be examples of this. A patient with Spleen Qi deficiency has difficulty absorbing nutrients from the food he or she consumes, and could therefore be malnourished. This is called Spleen Blood deficiency – meaning there is less stored nutrition in the Blood due to Spleen malfunction or because the patient eats poorly. It is important to tonify their Spleen Qi and advise them to eat foods that are easy to digest and absorb in their condition.

In diabetes mellitus, both types 1 and 2, the patients should be advised to avoid refined carbohydrates and sugars, and eat wholemeal (unrefined) products. In cases of malabsorption diarrhoea, heavy and fatty foods should be avoided; all food must be cooked, and eaten warm and in small portions but more frequently.

Spleen circulates Blood in the periphery, and is responsible for the capillary circulation of Blood. It is possible to be warm in the body, and have cold extremities when the Spleen Yang is deficient. Because the Blood does not reach the hands and feet (it has to be all extremities – hands, feet, nose and ears – not just one of them), there could be numbness or even poor healing of wounds. Reynaud's syndrome and polyneuritis (common in diabetic or alcoholic patients) are some examples. Also, since the capillary circulation is affected, and Blood and fluid stagnate here, the capillaries could be injured easily – thus causing bruising or slow bleeding symptoms such as easy bruising, spotting at the end of or between cycles of menstruation, bleeding gums or microscopic bleeding in urine or stools.

11.1.3 Spleen circulates Blood and body fluid

Heart is the central circulating organ and Spleen circulates Blood peripherally. We already talked about problems that could arise when Blood – and therefore warmth and nutrition – does not reach the periphery. The Spleen has another important function, which is to circulate the body fluid (this includes lymphatic fluid).

Oedema in a patient can mean two things – an elimination problem or a circulation problem. The elimination problem is that of the Kidneys. But the circulation problem is due to the Spleen (in Western medicine it is associated with the Heart). In Spleen oedema the patient eliminates a good quantity of urine – and yet there is oedema. Another differentiating factor is that Spleen oedema is worse in the mornings on waking, and tends to improve as the day goes on. This is due to the fact that the Spleen function of fluid circulation improves with activity and the Yang of the day, whereas long hours of sleep slow down the Qi movement. Spleen oedema tends to manifest in the periphery – hands, feet and eyelids (when bad, this could be in the lower arms and legs and the whole face); Kidney oedema occurs all over, but is worse in the lower-most parts of body – for instance, if the person stands a lot, it is in the legs.

Table 11.1

Spleen oedema – poor circulation function ↓	Kidney oedema – poor elimination function ↓
<ul style="list-style-type: none"> ■ Normal urine output ■ Worse in the mornings ■ Improves in the day ■ In the hands, feet and face ■ Peripheral oedema 	<ul style="list-style-type: none"> ■ Less urine ■ Worse in the evenings, increased night urination, oedema better in the mornings ■ Generalized or postural oedema

Treatment

Spleen Qi deficiency

- UB 20 (back-Shu point Spleen – improves function)
- St 40 (Luo point – tonifies Yang and sedates Yin, good for oedema)
- Sp 1 (Wood point of Spleen – tonifies Yang only)
- SI 3, GB 43 (tonify Heart Yang and Liver Yang – can send Yang to Spleen)
- Avoid fatty, creamy and heavy foods, eat cooked meals only
- Light evening meals
- Spleen Yang deficiency: Ren 12 moxa only
- UB 20 Needle and moxa (Shu – Spleen)
- St 36 (Earth point of Stomach, indirect tonification of Spleen Yang)
- Sp 1 moxa
- Avoid cold food and drinks

Foods to improve Spleen nutrition

- Proteins
- Milk products
- Root vegetables – potato, carrot

Foods to improve Spleen Qi

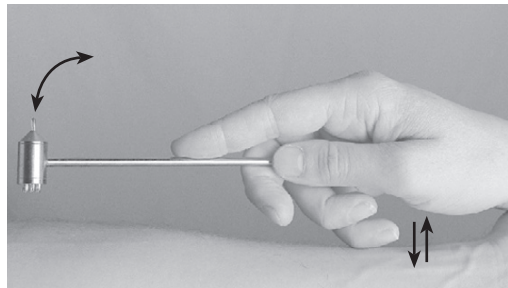
- Wholemeal grains, well cooked
- Watery soups – warm

11.1.4 Spleen firms connective tissue

The connective tissue attaches our skin onto the muscles, and holds and supports our internal organs in place. When the connective tissue loses its tone, skin tends to hang loose from the muscle and stretch marks form; internal organs may prolapse (prolapsed uterus, Kidneys, Stomach, etc.); and hernias and varicose veins may occur. The connective tissues are nourished by the Spleen Blood and Yin and firmed by Spleen Qi (function). To improve the tone, points and diet for tonifying Spleen Qi should be used.

Local treatment

- Tapping with plum-blossom hammer.



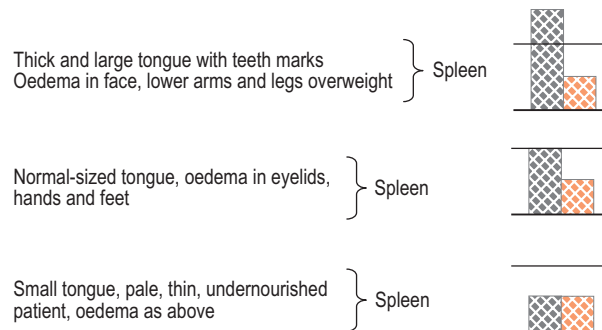
11.1.5 Spleen and Stomach open to mouth and lips

The mouth is the doorway to the digestive system. It reveals the energy situation in the Spleen and Stomach. Inflammatory conditions such as stomatitis and gingivitis, ulcers and sores in the mouth, red inflamed lips – these are signs of excessive Yang in Spleen/Stomach. Dryness, cracked or peeling lips indicate Yin deficiency in Stomach. According to Traditional Chinese Medicine (TCM), the Spleen dislikes dampness, and in a Qi deficiency situation, dampness tends to stagnate. The Stomach, however, likes some dampness (hence the liking for creamy, milky and fatty foods. It needs some damp foods in order to perform its digestive functions well.

The Spleen, as an organ that absorbs and stores nutrients for the whole body, can have a **nutritional deficiency**, which is then called **Blood Deficiency**. Clinically, this could manifest in underweight and malnutrition, and receding, pale gums (may be bleeding gums) – although this could be a symptom for Kidney Yin deficiency as well. The centre of the tongue, which represents the energy condition in the Spleen and Stomach, could be deeper than the rest of the tongue.

While on the subject of the Tongue, I would like to mention another sign of Spleen imbalance – **teeth marks on the sides of the tongue**. It is a symptom of oedema on the tongue, hence the teeth make impressions on it. As I often say, to have teeth marks, the patient should have oedema on the tongue and he/she must have teeth! Often old patients do not show teeth marks – and it is not always because they do not have oedema on the tongue.

Spleen oedema – when it is mild – manifests in three locations: the tongue, the upper and lower eyelids, and the hands and feet. When it is severe, the Spleen oedema manifests on the whole face, lower arms and legs and the tongue. The difference is in the **size** of the tongue. When the Spleen Qi is deficient, there is only a problem in the circulation of thick fluid. The tongue is normal sized, and has teeth marks; when there is a stagnation of fluid and storing of excess nutrients, the patient is obese and has a larger tongue with teeth marks; and when a malnourished patient has Spleen Blood deficiency and oedema (e.g. kwashiorkor), the tongue is small, but has teeth marks. Therefore teeth marks on tongue do not always indicate excess fluid retention, they also indicate poor circulation of fluid – it is the tongue size (how thick and broad) that is indicative of the quantity of fluid and dampness.



The colour of the lips are significant for diagnosing the energy status of the Spleen:

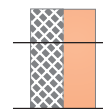
Box 11.1

- Red inflamed lips – Sp/St Yang excess
- Dry, cracked or peeling lips – St Yin deficiency
- Purple lips – Sp Blood Stagnation
- Pale lips – Sp Blood and Qi deficiency

11.1.6 Spleen secretes saliva

The Spleen governs the salivary glands and saliva. Digestion of the food we consume begins in the mouth, and saliva aids this. An imbalance of the Spleen may result in excessive or deficient secretion of saliva. When the Yin is in excess, there will be excessive saliva, and when Yin is deficient, the saliva could be thick or the mouth dry.

Parotitis is a damp-heat state of Spleen



Treatment

Dry mouth: Stomach Yin deficiency

- Local – Ren 24, Ren 23
- Distal – LI 4
- **Energy-balancing – Ren 12**, Mu-front Stomach (tonifies Yin)
- **St 43** – Wood point of Stomach (Grandmother point tonifies Yin)

Make sure that the patient has no scar that blocks the Ren and Kidney meridians from flowing towards the face. This means the Yin cannot come to the face. If there is such a scar, then it needs to be unblocked simultaneously.

Also, it may be that the patient has a blocked nose, and breathes through the mouth. If so, Points LI 20 and GB 20 should be given in order to open the nose. If there are nasal polyps causing the block, then surgery needs to be considered.

Excessive salivation: Excessive dampness in Spleen

- Local: SI 17, St 6
- Distal: LI 4
- Symptomatic: St 40 (Circulating point against dampness)
- Energy-balancing: Sp 5 sedation (Sedation point – sedates Yin)

11.1.7 Problems with appetite and hunger

The sensitivity – taste

The Spleen and Stomach sense taste, which makes eating pleasant. Usually those with a Yang dominant state have a more refined sense of taste. They like taste in their food and a beautiful looking meal. They also like their food not to be masked by too much flavour – and like to taste the original flavours of the food they are eating.

Generally, it is the Yang dominant Earth types who feel more hungry, and they cannot wait too long to eat when they are hungry. But they would still take their time to lay the table, decorate it with a flower, light a candle and sit down to savour their small but beautiful meal. They would not settle for less. They like to eat in company and celebrate their food.

Yin dominant people like to eat – even if they are not hungry. When they want to eat, they don't want to wait for it too long. They will put everything together and mix it up in one pot, which tastes all the same and looks all the same. Or they will pull something out of a freezer and shove it in the microwave oven. Then they will pull it out and eat it earlier than the recommended time, as they are not willing to wait. Sitting with a book or the TV, they will gobble the food – not enjoying the food, but the eating. They also like to eat alone.

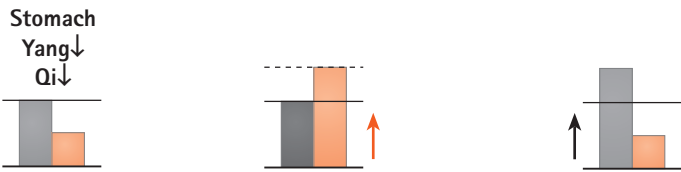
Earth type persons are best observed when they are eating alone.

11.1.8 Associated flavour – sweet

When we eat sweets or chocolate, we are instantly charged with energy. Sweet food also makes one thirsty. So, they do increase the Yang instantly. And craving for sweet things and floury foods is actually a symptom of Yang deficiency of Spleen and Stomach. And those who have excess Yang in Earth tend to dislike sweet flavours. But there is a difference in what happens following the consumption of sweet food of different natures.

If we eat refined sweets and carbohydrates whenever we crave for sweetness, this is very quickly absorbed into the system, thus making the Yang rise too soon too high. Stomach is a Bright Yang organ, which means that already the Yang is

very high in the Stomach. If the Stomach Yang increase fast, it would actually inter-transform into Yin. Then we crave for more sweetness – and can gain weight from eating all these sweets and starches.

Table 11.2		
		
Craves sweet foods	After eating refined sweets and carbohydrates they are absorbed too quickly, thus raising the Yang	When Yang reaches the point of extreme, it inter-transforms into Yin, the patient has more Yin and the Yang is as low as before, therefore more craving for sweet things

The solution is to eat natural sweets (fruits, honey) and whole grains (wholemeal bread, pasta, rice with husk). These foods will take much longer to digest and absorb, and the Yang will increase slowly, and never to the point of extreme.

Treatment

Against craving for sweet foods:

- Sp 1, Ren 12 – Moxa only
- St 36, UB 20 or 21

11.1.9 Associated emotion – worry

Worry is a normal, healthy emotion as long as it does not occupy one's mind all the time. It is also useful to ask the patient what he or she means when they say they are worried. Some patients actually mean that they are afraid or anxious, others that they are sad. The worry that we are talking about is thinking a lot, ruminating, going over and over in one's mind about something, or caring for someone, and protecting others; we are talking about someone who worries most of the time – or all the time. According to TCM, this worry is associated with the Stomach. These people worry with their Stomach – and it affects their eating habits.

Stomach Yang dominant – 'his worry eats him'

There are Yang worriers and Yin worriers. The **Yang worrier** has an increase of Stomach Yang when he or she worries. Their Stomach becomes tensed and secretes more acid when they are worried about something and **they cannot eat or might vomit if they eat**. These are active worriers; they **have to do something immediately** about their worry. They also expect others to take part in the doing. It is only when they have finished solving the problem – it could have taken three whole days – when they will realize that they have not eaten anything during this time! Naturally, they end up with **gastritis, gastric ulcers and seem to lose weight** if they have worries.

Stomach Yin dominant – ‘he eats his worry’

The **Yin worrier** is a **passive** one. They have Yang and Qi deficiency, and they **do not wish to do anything** about their worries. They will wait for someone to solve their problems; they will go from doctor to doctor until some one says that they will solve their worry for them. In the meantime, they talk to everyone they can about their worry, over a cup of tea and a piece of cake. **They gain weight during the period of worrying.**

Obsessive compulsive disorder (OCD)

OCD can be active or passive. Here I refer to patients with active OCD. They often repeat certain actions, and have no control over this behaviour. Mostly, they either arrange everything in some order, clean or wipe furniture or wash themselves. These actions never seem to end or achieve a satisfactory finale, and they need to repeat them again and again; they are unable to stop even if it makes them tired or late for school or work.

This is an active worry, but has no real solution like the Yang worry. It is an action with no beginning or end – like a dog going round and round to catch its own tail. It wastes much energy, and achieves nothing. This is a **leakage**, a Yin and Yang deficiency of the Stomach; and Blood and Qi deficiency of Spleen. There is little Yin but the Qi cannot contain it. Therefore the picture of leakage, like a glass with very little water, but the bottom is full of holes through which the water leaks – causing a greater loss in the Yin.

Treatment

Yang worrier: There is often a Yin deficiency and therefore Yang tends to rise. The treatment is mainly to tonify the Yin.

- **Ren 12** – Mu-front Stomach (tonifies Yin).
- **Sp 4 Luo point and Sedation St 42 Yuan-source point** (this is done even when there are no symptoms, as a prevention so the Yang will not rise).
- **St 43 – Wood point** (tonifies Yin).
- **Du 20** – A tranquillizing point but also gives some detachment from the situation.
- **Some milk products and some protein meals**, to make the Stomach more Yin.
- **P 6 and Liv 1** (P 6 is distal point of upper abdomen; Liv 1 is House-element point and tonifies Liver Yin – which will send more Yin to Stomach).

Yin worrier: This is often a Qi deficiency, so ‘doing’ is difficult.

- **UB 20 – back-Shu point of Spleen** (tonifies function)
- **St 36 – Earth point** (House-element point – strengthens Yang)
- **UB 15, SI 3** – back-Shu of Heart and Tonification point of Small Intestine (to tonify the Mother of Earth)
- **Whole grains, unrefined** – no refined sweets and carbohydrates (they might find it difficult to comply)
- **Light but regular physical exercise** (walking, swimming), being active makes it easier to do things and to have more self-discipline

Compulsive obsessive neurosis

Both Yin and Yang aspects of Spleen and Stomach have to be tonified.

- **Liv 13 + UB 20** – Mu-front and back-Shu points of Spleen.
- **Ren 12 + UB 21** – Mu-front and back-Shu points of Stomach. These can be given on alternate treatments. Moxa on Ren 12 is very good.

- **St 36 and Sp 3** – both House-element points, can be used to tonify Yin and Yang.
- **Du 20** and other tranquillizing points help to detach from the worry.
- **Warm, cooked foods**, light and easy to digest and warm drinks.
- Tasks involving response prevention. These are exercises the patient does with or without the therapist, where the patient is expected to prevent themselves carrying out their compulsive behaviours.

CASE HISTORY, FEMALE, 13 YEARS

A school girl and extremely good at running, this young girl was referred to me by her mother's colleague who was cured of fear of flying by acupuncture. The girl was suffering from OCD. Her symptoms were that she repeated many actions – if she kissed her mother, it had to be six times on each cheek, and then she had to wipe it off; when she ran down the stairs, she had to run up again to touch the banister upstairs. While walking on the road, she could not bear to see litter – if she did, she would promptly pick it up, stuff her pockets with it and bring it home to put in her own bin! She had few friends. But her parents were good friends – especially her mother. They had taken their daughter to a psychiatrist because she was getting tired of doing these rituals every day and was late getting anywhere – but could not stop. She believed that she would not do well in her running events, or would fail in a class test if she did not perform her rituals.

I treated her only four times. I gave her the points above, giving her Ren 12 moxa each time – she really liked that part. In the second session, the parents told me she had not run that fast the day after the treatment. I thought that it was a sign that she was more relaxed. After the session ended, I asked her to kiss me on my cheek. She was not happy at the request but came to me nevertheless, pulling her coat sleeves over her hands ready to wipe her kiss off. I said she was not to touch me. When she kissed my one cheek, I pulled away before she could reach the other cheek. I did not notice any signs of anxiety when I wished her good-bye.

At the third session next week, her mother told me that she was much better with her neurosis and her running speed was back to normal. I treated her again, and while she was lying down with needles, I took out many chocolate wrappers and cigarette boxes and threw them all round the bed. She lay there quite peacefully. At the fourth and final session, she had to do the messing up before she lay down. Her four sessions were given in a period of two weeks. I have had many patients from the same source during the past two years – they tell me she is very well.

11.1.10 Energy-giving colour – yellow

Earth colours – yellow, brown, mustard, beige and orange are the colours associated with this Element. The deeper, darker colours are Yin and the pastel, bright colours are Yang. The pastel yellow and beige are beneficial to the Qi, as movement of energy flow is easier in a pastel environment; whereas bright yellow, orange and gold are warming – and good for the Yang.

A strong liking for a special colour shows deficiency of energy; and dislike of a colour is because of an excess. Colours are often used in therapy, as is possible in TCM too. For instance, the best colour for the dining room is yellow – and different shades of yellow may be used in order to influence hunger or the appetite. Every Chinese restaurant has yellow and red colours for its interiors, because these colours are successful for energy in places related to food business. McDonald's used the same colours, and has proved it is indeed true!

In Spleen Blood and Qi deficiency (anorexia nervosa, juvenile diabetes), the patients have a pale yellow complexion; in cancer of pancreas and hepatitis the patient has severe gastro-intestinal symptoms and a bright yellow complexion.

11.1.11 Associated climate – dampness

Exterior dampness affects a weak part of the body if there is one, and if there is no weak part of the body, it affects the organs of the Earth Element. The Spleen and Stomach are the organs that create interior dampness. Dampness relates to the thick fluids of the body, which include Blood, lymphatic fluid and fat. When these fluids increase in quantity, or if they stagnate without circulating there would be interior dampness in the body.

If there is excessive dampness (this could be possible with or without poor circulatory function), there could be symptoms of oedema. This is mainly in the centre of the body (Spleen, Stomach) and in the periphery (hands, feet and face – because Spleen circulates fluid in the periphery). Other symptoms are heaviness in arms, legs or head, fullness in the middle, semi-solid stools, band-like headache (with pressure from outside to inside like a band or a helmet) and nausea.

When the circulation is affected and the dampness is stagnating, it chooses an area or a meridian already suffering from Qi deficiency – and stagnates there. Therefore we see symptoms such as oedema in a joint or on a particular meridian, a bursa, or a tumour in an organ. Some more examples are listed below:

- **Fluid stagnation in a meridian:** pressure pain on shoulder, hip or sciatic nerve – the patient has pain to lie on the joint, or to sit on the area of sciatic pain – because the fluid causes more pressure pain.
 - Treat with: local cupping and Luo point of Yang organ. For instance, If there was pain on Triple Warmer area on shoulder on lying, then give two to three local cups for five to 10 minutes and point TW 5 Luo, to sedate Yin and tonify Yang – in other words, remove stagnation of fluid locally.
- **Fluid stagnation in small joints of hands and feet:** a common symptom of arthritis, it would not be possible to treat each joint individually. This causes typical starting pain in the mornings, and takes gradually up to mid-day to feel better and supple. Until then, movements are limited and stiff.
 - Treat with: Sp 9 and St 40. Sp 9 is a diuretic point; and St 40 a Luo point. Together these points would both eliminate and circulate fluid. If the patient could keep off fatty milk products, refined sweets and carbohydrates, avoiding raw and cold food and drinks, the pains will improve within a few weeks without any local needles.
- **Bursa on a meridian: baker's cyst, trochanter bursitis – cold or hot bursa** are firstly a symptom of damp stagnation on the meridian it manifests. This can be the reason to for recurrent inflammation.
 - Treat with: local cupping, and Luo-connecting point on Yang meridian. For instance, trochanter bursa is damp stagnation on the Gall Bladder meridian – therefore, GB 37 Luo-connecting point is used along with three to four local cups retained for five to 10 minutes.
- **Tumour formation in internal organs:** any tumour formation is initially from local stagnation of dampness. It is then only a soft tumour. But if the thin fluids in the body dry out at any time, this could become a hard tumour. A hard tumour has more potential to change into a heat (or cancerous) growth. This will grow at a much faster rate, and penetrate into other organs and tissues, consuming all as it spreads.
 - Treat in the damp phase with: **local cupping (on back-Shu point of organ) and Luo-connecting point of Yang Organ.** Avoid damp producing foods. Advise the patient to exercise regularly and in moderation. Improve the elimination processes: stools, urine, sweating.

Box 11.2

Before this heat phase, there is a damp phase. This is a slowing down period for energy (Qi), where every cell gradually loses its protecting energy shield (Wei Qi), when the function of eliminating harmful energy (Xie Qi) comes slowly to a standstill and the cells hold all their waste and the fluid circulation slows down.

Dampness is a symptom to be taken seriously. If there is interior dampness, it is always generated by the Spleen – no matter where the symptoms manifest. Therefore, it becomes important to treat the manifesting area or organ (usually with local cupping and Luo-connecting of the Yang organ), and to balance the Spleen and Stomach (with Sp 9, St 40 and changing the diet). Many diseases could be prevented by treating symptoms of dampness as completely as possible, when the problems are mild and in the early phase.

11.2 DISEASES AND SYMPTOMS OF THE EARTH ELEMENT

Conditions that have already been discussed with appropriate therapies are:

- Overeating
- Hypoglycaemia
- Dry mouth, excessive salivation
- Yin and Yang worry
- OCD

11.2.1 Poor hunger

Stomach Yang and Qi deficiency (Heart Yang deficiency)

Treat Stomach with

- **UB 21** – back-Shu point (tonifies function)
- **St 36** – Earth point (House-element point – tonifies Yang)
- **Ren 12** – Influential point – Yang organs
- **P 6** – Area Distal point – upper abdomen
- **Warm, cooked food**
- Heart Yang could be tonified on **H 3, SI 3**

11.2.2 Poor appetite

Stomach Yin deficiency (Heart Yin deficiency)

Points

- **Ren 12** – **Mu-front point** – Stomach (tonifies Yin)
- **Sp 3** – **Earth point** (House-element point – tonifies Yin)
- **St 43** – **Wood point** (Grandmother point – tonifies Yin)
- **Colourful, aromatic food to whet the appetite** – small portions
- Heart Yin could be tonified on **H 8** (Mother–Son Cycle)

11.2.3 Acute gastritis – Stomach Yang excess

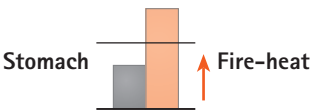

- **Ren 12** – This is the Alarm point of Stomach, but in some patients point **Ren 14** is painful. If so, the pain point should be needled as well as Ren 12, as it is also the Influential point for hollow organs.
- **P 6** – Area Distal point for upper abdomen; symptomatic for nausea and vomiting.
- **St 34 sedation** – Xi-cleft point (used in acute situations to disperse energy quickly).
- More local pain points along the Ren meridian could be used if there is heartburn.
- Du 20 and other Tranquillizing points.

It would be better if the patient refrains from eating normally, maybe small bites of toasted white bread can be consumed with dilute peppermint tea, throughout the day.

Patient can be treated again one to two times per day. Symptoms should improve in one to two days. Food should be introduced gradually, starting with bland soups and avoiding greasy, highly flavoured meals.

11.2.4 Chronic recurrent gastritis

Not every 'itis' has to be a heat disease. Recurrent heat symptoms could arise from two causes: from dryness or from stagnant dampness. Both the associated symptoms and the treatments are very different for the two causes.

Table 11.3	
 <p>Stomach Fire-heat</p>	 <p>Stomach damp-heat and Qi ↓</p>
<ul style="list-style-type: none"> ■ Thin person, often hungry and thirsty ■ Stomach empties quickly after meals ■ Small appetite, intolerance to hunger ■ Pain when hungry, improves after eating bland foods ■ Reflux of acid ■ Prefers cool drinks ■ Pain worse during stress, worry ■ Foul breath ■ Red tongue, yellow or no coating ■ Dry or cracked in centre ■ Thin, superficial pulse, rapid 	<ul style="list-style-type: none"> ■ Obese person, thirsty only with meals ■ Stomach empties slowly after meals ■ Big appetite, sweet craving ■ Pain after eating, better when empty ■ Reflux of food and acid ■ Prefers warm drinks ■ Pain worse at nights, after big meals or after heavy meals ■ Large tongue, teeth marks, thick white, slimy coating ■ Full, slippery pulse
Treatment	
<ul style="list-style-type: none"> ■ Ren 12, P 6, Du 20, Liv 1, St 43 ■ Fish, poultry, milk products ■ Avoid strong flavours, reduce coffee and alcohol intake and smoking 	<ul style="list-style-type: none"> ■ UB 21, P 6, Sp 9, St 40 ■ Small meals, cooked, warm ■ No refined sweets or carbohydrates or fats and milk products

11.2.5 Abdominal pain

It is common for patients to come to the doctor with 'Stomach pain'. We accept what the patient tells us and proceed on a line of questioning based on the understanding that it *is* a Stomach pain that the patient suffers from. After 15 minutes, we have diagnosed the problem with the Stomach and just before setting the needles in, we ask the patient to point out the painful area – only to find that he or she is pointing to their lower abdomen! That is 15 minutes wasted – and there is no more time to ask any further questions.

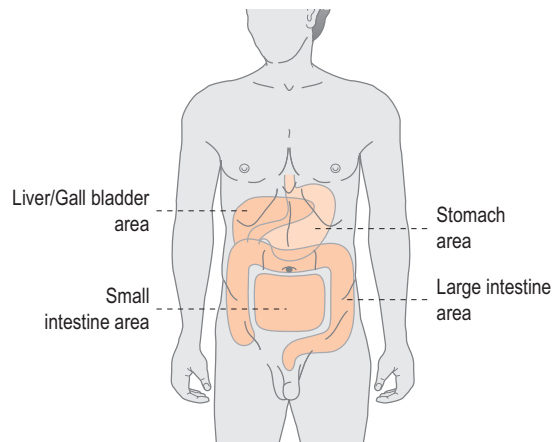
It is always a good idea to ask the patient to point out the area of pain exactly in the first few minutes of the consultation. If the patient is in doubt or shows you a large area, then it is necessary to palpate this area to find the exact location of pain.

I have noted that doctors and therapists tend to sit back and ask the patient many questions, and do not always seem to know what to make of the answers they are given. This attitude may be because they seem to feel that acupuncture is a complementary therapy, and one should ask all these questions – but the answers do not really matter – one could always give 'cookbook' points!

I have listed some questions here and what the answers should convey to us:

- Where exactly is your pain? Please point it out to me.

An abdominal pain can manifest in different areas that suggest different organs are affected.



- How does the pain feel? Is it constant or intermittent?
- What brings it on? What makes it better or worse?

This tells us if it is a Yin or Yang dominant pain. A Yin dominant pain is dull and constant, worse with fatty foods, cold or raw foods and drinks, *worse after meals* than when hungry, worse at nights and in rest; and improves with the opposite factors.

A Yang dominant pain is severe and intermittent (or colicky), worse with strong flavoured foods, alcohol, caffeinated drinks; *worse when hungry* and better after bland food; worse in stress, activity and in the day.

- How long have you had this pain? Does it come on during a particular time of day?

This should help you categorize the energy situation into the acute, chronic and sub-acute/recurrent states, and then you can decide whether to tonify or sedate accordingly.

Asking for a particular time the pain occurs – this could be its maximum or minimum energy time of the organ. This guides us towards the decision to tonify or to sedate.

Table 11.4 explains Yin pains in the three Hollow Organs.

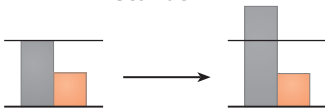

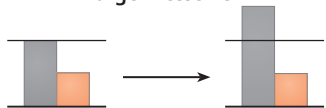

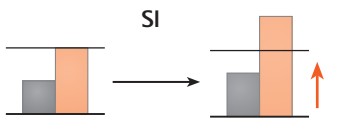
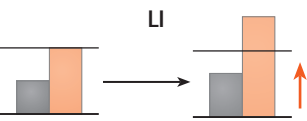
Table 11.4		
<p>Stomach</p> 	<p>Small Intestine</p> 	<p>Large Intestine</p> 
<ul style="list-style-type: none">■ Dull, constant 'stone-like' heavy pain■ Worse in the evenings■ Worse after meals and after cold, raw, fatty foods.■ Nausea, prefer warm food and drinks.	<ul style="list-style-type: none">■ Dull, fullness, distension■ Without peristaltic movement; worse in the evenings.■ Malabsorption diarrhoea■ Better with cooked, easy to digest foods	<ul style="list-style-type: none">■ Dull pain, fullness with downward pressure■ Distension without passing wind■ Semi-solid stools or constipation (lazy bowel)
Treatment		
<ul style="list-style-type: none">■ UB 21, St 36*■ Ren 12 moxa■ St 40 (Luo)	<ul style="list-style-type: none">■ UB 27, St 39■ Ren 4, 8 moxa■ SI 7 (Luo)	<ul style="list-style-type: none">■ UB 25, St 37■ LI 11, LI 4 if constipated■ LI 6 (Luo)
Plum-blossom hammer paravertebral tapping, from T11 to L 5 until red skin reaction		
<p><i>*St 36 is the Sea point of Stomach; St 37 is the Lower Sea point of Large Intestine; St 39 is the Lower Sea point of Small Intestine. All meridians have their Sea points on the elbow or knee, and these points correspond to the main internal organ, and are the best points to treat organ diseases. All exterior meridians flow on their organs, and therefore, the Sea point would become also a Distal point for the organ on its meridian. However, the exterior meridians of the three Yang meridians of the arm – namely, Large Intestine, Small Intestine and Triple Warmer – do not run on their respective organs. The Sea points of these organs are not Distal points for the organs. However, the Stomach meridian flows on LI and SI, and there are points on the Stomach meridian that will influence the function of these two organs. Therefore, these points are considered to be additional Sea points and are called Lower Sea points of LI and SI (their own Sea points being LI 11 and SI 8). Triple Warmer has its Lower Sea point on UB 39.</i></p>		



Table 11.5 explains Yang pains in the Hollow Organs:

Table 11.5		
 <p>ST</p>	 <p>SI</p>	 <p>LI</p>
<ul style="list-style-type: none"> ■ Burning pain ■ Acid reflux or vomiting ■ Worse when hungry/stress or strong flavoured food ■ Better with bland food and relaxation ■ Foul breath 	<ul style="list-style-type: none"> ■ Colicky or radiating pain ■ Radiating to back or perineum. ■ Urgency to eliminate with pain, diarrhoea/vomiting ■ Worse with coffee, alcohol and strongly flavoured foods 	<ul style="list-style-type: none"> ■ Colicky or radiating pain to back or anus with urgency ■ Dark stools ■ Pain in anus (mucus/blood) during defecation ■ Worse with spices, coffee
Treatment		
<ul style="list-style-type: none"> ■ Ren 12, P 6 ■ Liv 1, St 43 ■ Sp 21 	<ul style="list-style-type: none"> ■ Ren 4, Ren 12 ■ P 6 if vomiting ■ St 25, 37 if diarrhoea ■ St 39, H 5, SI 2, K 7 	<ul style="list-style-type: none"> ■ St 25, Ren 12 ■ St 37, Lu 7 ■ LI 5, H 8
During Yang excess, add: <ul style="list-style-type: none"> ■ St 34 sedation (Xi-cleft) ■ St 42 sedation (Yuan point) ■ UB 21 bleeding cup 	During Yang excess, add: <ul style="list-style-type: none"> ■ St 39 sedation (Lower Sea point) ■ SI 4 sedation (Yuan-source point) ■ UB 27 bleeding cup 	During Yang excess, add: <ul style="list-style-type: none"> ■ St 37 sedation (Lower Sea point) ■ UB 25 bleeding cup

11.2.6 Diabetes mellitus

A disease of Spleen-pancreas, diabetes mellitus is fast becoming very common both in the West and in the developing countries. Eating fast food, preserved food, comfort eating, substituting food for many other human needs are all reasons why our digestive system is under great stress. Though food is given much importance in our lives, most people do not sit down for meals most of the time; many start the day without breakfast. They tend to eat too much in the evenings because they can eat with the family or relax at this time.

Food is necessary for energy, and most of this we need during the day. No breakfast in the morning means no fuel for energy during the day. Our Stomach has its best functioning time in the morning (Stomach: 7–9 am; Spleen: 9–11am). We should eat our best energy-providing meal at this time, when the Stomach can digest it and the Spleen can absorb all of it and provide the body with the energy all day long. But if we eat our largest meal at night, it not only means that we do not need all this energy in bed, but it also means our Stomach will retain all the food and start working on it only the next morning. That means we are full and uncomfortable all night, and not hungry in the morning. When we live like this over a period of time, the Spleen and Stomach suffer Qi deficiency. We carry over our parents' habits and their imbalances into our lives. If they suffer from Spleen functional deficiencies that are genetically passed on to us, then we can develop juvenile diabetes. If poor eating habits and weight problems decrease our Spleen-pancreas function, then we can develop adult-onset diabetes.

Table 11.6	
Type 1 – juvenile-onset diabetes	Type 2 – adult-onset diabetes
	
Thin or undernourished Insulin dependent Increased thirst and urination Hunger and rapid weight loss Quickly exhausted Severe, acute Difficult to stabilize Blood sugar level on insulin	Obese (abdominal), or oedematous (symptoms of stagnation) Poor insulin utilization Increased night urination and constant thirst could result Difficulty losing weight Chronic fatigue Chronic, slow progressing, decreased immunity, poorly healing wounds, vision changes
Treatment	
Liv 13, UB 20 (Mu and Shu – Spleen) Sp 2, St 41 (Tonification points) Ren 12, St 21, St 36 (Local and Sea points) P 6 – Area Distal point, GB 20 Endocrine point If urinary symptoms, UB 23, K 7 Avoid refined carbohydrates, add lentils (proteins), sprouts of various beans Regular, moderate exercise Aim to stabilize Blood sugar with insulin	UB 20 (Shu point – Spleen) Sp 1, St 36 (Tonify Yang) Ren 12 moxa P 6 – Area Distal point, GB 20 Endocrine point If urinary symptoms, UB 23, K 7 Reduce carbohydrates as much as possible. Animal proteins, vegetables, potatoes with skin, moderate exercise Aim to improve function without medication

Diabetes insipidus has symptoms of excessive thirst and frequent, excessive urination causing dehydration. It is not a problem of the pancreas but caused by pituitary dysfunction. This is considered to be a leakage from the Kidneys in TCM, as the kidneys seem to lose the ability to hold and store water for the body.

11.2.7 Lactation problems

The breasts are associated with the Earth Element on two counts: one because they are used to give nutrition to another human being; and because the Stomach meridian flows on the breasts. We can treat all breast-related problems on Stomach and Spleen meridians.

To increase lactation

If after the baby is born, the mother has no milk or not enough milk secretion, this is most probably due to Spleen Blood (or nutritional) deficiency. To improve this, it is first important to ensure that the mother is eating a nutritious diet – with proteins, vegetables, fruits and plenty of fluids. It is also important for her to get enough sleep.

Treatment

We can help with the following points:

- **Liv 13** – Mu-front of Spleen
- **Sp 3** – Earth point (House-element point – tonifies Yin)
- **Liv 1** – Wood point (House point of Liver)
- **Ren 12** – Mu-front of Stomach
- **St 43** – Wood point of Stomach (Grandmother point – tonifies Stomach Yin)

Breast distension – problem with lactation

Sometimes, if the birth was assisted or the mother had a caesarean section, it is possible that the milk does not flow easily. There is distension and pain in the breasts, but nothing comes out. Points to move and circulate Qi, and to improve elimination are used. There should be improvement within one to two days. Two to three treatments can be performed in a day.

Treatment

Points to be used are:

- **St 40** – Luo point (improves circulation of thick fluid)
- **Sp 9** – Water point (increases elimination of fluid)
- **LI 4** – Great Eliminator
- **GB 37** – Luo point (improves Liver Qi)
- **Light plum-blossom tapping** from base of breast towards the nipple, especially on the sides.
- Needle tender Back-shu points behind the breast (most common tender points are **UB 17 and UB 20**), then apply dry cupping 10 minutes.
- Breast pump can be used to start the flow of milk initially.

11.2.8 Mastitis





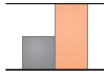
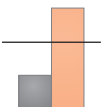
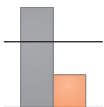
This indicates damp-heat in the Spleen and Stomach. If treatment is started early, it is very effective.

Treatment

- **Spleen 8 sedation** – Xi-cleft point (used for sedation in acute situations)
- **St 40** – Luo point (for oedema)
- **P 6** – Area Distal point for thorax
- Insert two needles obliquely both above and below the inflamed area of breast, on one meridian (Kidney, Stomach or Spleen depending on the affected area). Connect these needles to an electrical stimulator to a continuous frequency of 5–10 Hertz, for 20 minutes.
- **Ear acupuncture** – points **Breast, Adrenaline, Shenmen and Triple Warmer** can be given each time, together with body acupuncture. The ears are treated alternately one at a time.

Patient can be treated more than once a day, the breast should be pumped regularly during the inflammation. The symptoms improve gradually after the first treatment.

11.3 SUMMARY

Table 11.7							
Spleen Stomach	Spleen  Blood ↓ Qi ↓	Spleen  Spleen Qi ↓	Spleen  Damp-cold in Spleen	Spleen  Damp-heat in Spleen	Stomach  Empty, dry Stomach	Stomach  Stomach Fire	Stomach  Cold Stomach
Stomach receives, digests food and drink	No hunger, appetite or eating much, but there is weight loss; malnourished, tired, sleepy after eating	Less hunger and thirst, prefers hot food and drinks, dislikes cold Long emptying time	Less thirst and hunger, great appetite, likes extreme flavours and temperature Fullness	Burning pain colic and vomiting, diarrhoea worse after food Gingivitis, blepharitis	Small appetite great thirst, often hungry and weak	Often hungry and intolerant to hunger; hyperacidity, acid reflux, better after bland food	Dull constant pain in Stomach in the mornings, no hunger or thirst till 11 am; St heavy as stone after meals for long time
Spleen absorbs and distributes nutrients	Malabsorption diarrhoea, type 1 diabetes, thin, undernourished	Undigested stools, type 2 diabetes, polyneuropathy and numbness in the periphery	Obesity, fat torso but smaller extremities. Type 2 diabetes, oedema and numb hands and feet, semi-solid stools	Pancreatitis, parotitis, lymphangitis	Emptying easier with fluid foods	Food moves up, not downwards, better with bland foods	Emptying very slow, better with smaller portions, warm and cooked food
Spleen circulates Blood and fluid	Cold extremities, can have some oedema, poorly healing wounds, oedema of eyelids	Cold extremities, oedema numbness of extremities in all three, oedema of eyelids	Oedema, stiff joints heavy limbs, oedema on face	Hot and swollen hands and feet	Dry hands and feet, cracked or peeling	Extremities hot or cold – depends on dampness (more damp – more heat)	Cold extremities, cold centre
Spleen/ Stomach open to mouth and lips, secrete saliva	Pale lips, salivation may be ↓ sometimes and ↑ sometimes	Pale lips, thick saliva	Large pale or purple lips, excessive salivation	Parotitis, pain or discomfort during salivation	Dry mouth, dry, cracked or peeling lips	Dry mouth with bitter taste, red inflamed lips	Large, pale lips, excess salivation in the mornings

Sense – taste	Poor sense of tastes craves sweet and carbohydrates	Poor sense of taste likes strong flavours, craves sweet, carbohydrates	Poor taste, likes sweet and carbohydrates and strong flavours	Dislikes sweet, sticky sweet taste in mouth, strong flavours → pain	Likes creamy, sweet taste very well, very particular with food	Likes creamy, sweet; very sensitive taste, like simple food	Sweet and cream make pain worse, poor sense of taste
Spleen nourishes muscle and fat	Thin person, small muscles, (atrophy)	Smaller muscles on arms and legs	Large muscles (not necessarily strong)		Small muscles, thin (atrophy)		Small muscles on the arms and legs
Emotion – worry	Obsessive, compulsive worry	Passive worrier, eats when worried	Passive worrier, lazy	Can be either depending on Yin or Yang dominant, generally active worry	Active worrier, cannot eat when worried, loses weight	Stomach pain worries more when pain dislike orange and bright yellow deep green, white good	Constant passive worrier, never satisfied.
Colour – yellow	Likes all shades, all shades are good, red and pinks good	Likes pastel and bright shades, these are good, red and pinks good	Dislikes mustard, brown, light beige, yellow is good, pinks good	Dislikes all shades, white is good	Likes mustard, deep brown, or yellow; green good		Likes light beige and yellow, pink and red good
Climate – dampness	Oedema in hands, feet and eyelids, kwashiorkor	Oedema in extremities, and eyelids	Oedema in arms, legs and face	Same as damp cold			Oedema in hands, feet and eyelids

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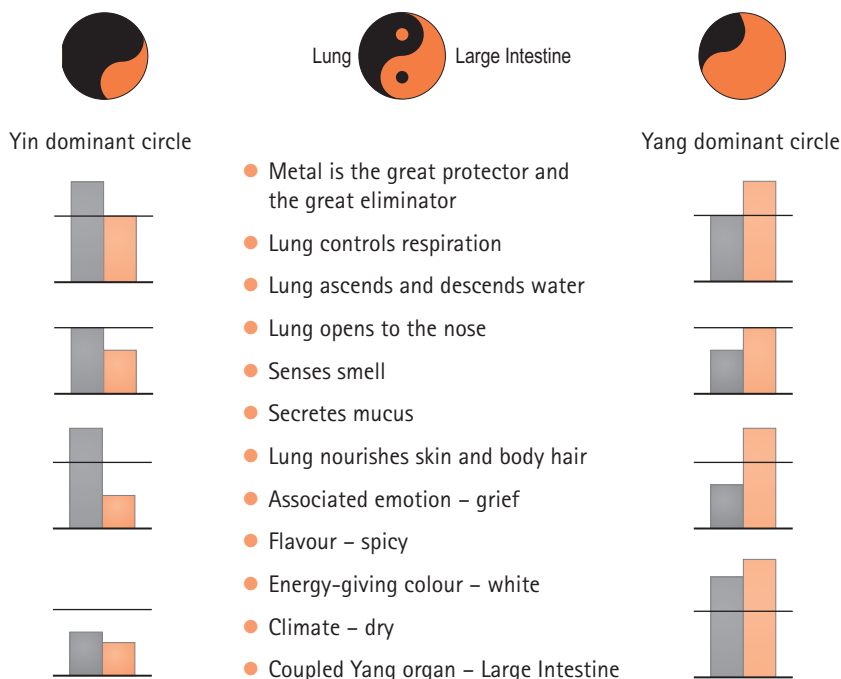
CHAPTER 12

The Metal Element – Lung and Large Intestine

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12.1 METAL ELEMENT – THE CONCEPT



12.1.1 Metal – our great protector and eliminator

I studied Traditional Chinese Medicine (TCM) during the Chinese Cultural Revolution and then it was quite usual to talk about ‘great leaders’ and give blessings like ‘May you live a million years’! So I follow that style of referring to something that has supreme power over our immune system, the functional Qi of the Lung and Large Intestine.

The Lung nourishes the skin and controls its open–close function. This is a very important function in temperature adaptation to exterior climatic changes. It is not only the decision to open or close that is important, but also the moment to do so. The skin should open when we are hot, or after an attack by a climatic pathogenic factor. It should be able to eliminate the heat or other pathogenic factors. Thus, it opens to cool the body by sweating and letting out excess heat by opening the pores. The skin should close by the same system when it is cold outside and we need to preserve our body heat. If the Lung Qi is deficient (the Lung function is poor), the skin will not open and eliminate heat when we feel hot; nor will it close and keep in the heat when we are cold. As a result, we will tend to feel very uncomfortable and stuffy when hot, or sweat more when feeling cold.

In the case of an exogenous pathogenic factor attacking the body, this factor remains within the outer surfaces of the skin and muscles for up to three or four days, causing exterior symptoms such as feeling cold or hot, sweating excessively or unable to sweat, having an aversion to wind, and symptoms of common cold or headache and aching muscles as during a ‘flu’. If the pathogenic factor wins this battle, the symptoms move deeper into the internal organs; if the immune system wins the battle, the patient’s health returns to normal after one to two days of feeling out-of-sorts. Whether the skin can open and eliminate the climatic pathogenic factor depends on the Lung Qi, or our protecting Wei Qi – the immune system.

Cold or spontaneous sweating

To treat a person who sweats when feeling cold, or sweats in areas of the body which are cooler than others, we should tonify the functional Qi of Lung.

Points to regulate sweating

- **UB 13** – back-Shu point of Lung (improves function)
- **LI 11** – Tonification point of coupled Yang organ; indirect tonification of Lung Yang
- **LI 6** – Luo point (sedates Yin and tonifies Yang)
- **Alternating hot and cold showers** or cold shower following sauna
This will train the skin to open and close quickly.
- Cold extremities together with sweating should be warmed with **moxa** and **point Lu 9** could be added as an Influential point of Blood vessels.

Acute treatment of exterior symptoms following climatic exposure

Symptoms are: acute onset, feeling hot or cold on skin or aversion to wind, excess sweating or cannot sweat, fever or chills, headache, aching muscles, common cold, excessive thirst or no thirst, tongue coating of different types, superficial pulse.

Table 12.1

Climatic pathogenetic factor	Symptoms	Tongue coating	Pulse quality	Treatment
Heat	Severe fever, mild chills, headache, hot head, excessive thirst	Yellow coating (tongue colour will not change in an exterior problem)	Superficial, rapid pulse	Sedate H 6/SI 8 LI 4, LI 11 Hot, spicy soup and warm bed to encourage sweating
Cold	Severe chills, mild fever, headache, no thirst	White coating (no change in tongue colour)	Superficial, slow pulse	Sedate K 5, LI 4, LI 11 Hot, spicy soup like above
Damp	Puffiness of skin, oedema in periphery, heavy limbs, heavy headed headache, mucus in nose or throat	Slimy coating	Superficial, slippery pulse (as if touching a drop of mercury, a slippery pearl)	Sedate Sp 8, LI 4, LI 11 Hot, spicy soup like above
Wind	Aversion to wind on skin, sneezing, itchy eyes or throat, headache with wandering muscle pains	Thin coating (yellow or white according to heat or cold wind)	Superficial, wiry pulse (like a tight guitar string)	Sedate Liv 6/GB 38 LI 4, LI 11 Hot, spicy soup like above Wind elimination
Dry	Dry tight skin, dry nose and throat, itching or sneezing, dry cough	Dry coating, cracks or peeled coating	Superficial thin pulse (just under the skin), more rapid	Tonify Lu 1, K 10, LI 11 Drink Water and eat salty food, Ren 17

In all the cases in Table 12.1, the Xi-cleft point is used to sedate the climatic pathogenetic factor, except in the case of dryness. LI 11 and LI 4, and hot, spicy soups are used to improve the open-elimination function.

- As long as the climatic pathogenic factor is in the exterior, there is a superficial pulse – indicating that the pathogenetic factor has not yet moved deeper. When it does move deeper, the depth of the pulse will also change to a deeper level. The pulse quality – rapid, slow, slippery, wiry and thin – indicates the heat, cold, damp, wind or dry quality of the pathogenic factor.
- The tongue colour and form indicate the interior situation of Blood, fluid and energy, but the coating indicates the various climatic pathogenic factors that attack the body. This is why I have not included tongue colour in Table 12.1.

As you see here, the skin is the outer armour that protects the body, helping us to adapt quickly to climatic changes around us, and eliminating exogenous pathogenic factors when they attack, and try to enter, the body. If the body is a fortress, then the skin forms the outer walls with soldiers guarding against the possible entry of the enemy.

Elimination is not only about skin. Stools are another important elimination function – without this function we would not be able to get rid of waste and toxins from the body. The Large Intestine is an eliminator not only for the Metal Element, but for the entire body. For problems with elimination in any organ of the body, the Large Intestine should be tonified to improve this function. I illustrate this point in the case example below.

CLINICAL EXAMPLE: FEMALE, 18 YEARS

This young girl was seen at a clinical course for urine retention for the last four years. In the past, she used to have periods when she would not urinate for days. She would be taken to hospital and catheterized. In a few days, she would return to normal. This happened many times, and finally she had to have an abdominal catheter fixed, and slowly she learned to live with it.

She lived in a shared student accommodation, cycled everywhere, and had a poor relationship with her parents, who were separated. She had recently changed doctors; her new doctor was attending the clinical course where she was presented. His problem was that even though she attended her appointments with him, she never talked. He had to do all the asking and she would give monosyllabic answers. He knew that she was also badly constipated, that she had only two menstrual bleedings in her life – one at 14 years of age, and the second about six months back. She was rather obese, friendly and really wanted to be helped (if she had not she would not have agreed to allow her doctor to present her problems before a student group).

We decided that she had problems with elimination in general. This was a severe Qi deficiency in many organs – manifesting the worst on the Urinary Bladder. The Large Intestine governs elimination for the entire body, and tonifying LI function would help to improve the functional Qi all round.

The points we used were:

- LI 4, TW 6, St 25 (together these are called constipation points)
- Several back-Shu points – UB 15 (Heart), UB 25 (LI), and UB 28 (UB)
- UB 58 (Luo point – sedates Yin and tonifies Yang)
- Para-vertebral plum-blossom tapping from L2 to S4 (1 cm parallel to midline)

The treatment was given three times weekly, and the catheter was clamped after the first week to encourage normal urination. Improvement occurred gradually, the abdominal catheter was taken out in three weeks, and the stools improved. She started her periods again after two months, but they were about six to eight weeks apart. The treatment sessions were reduced slowly. She did have urine retention on and off in later years, but it always improved with acupuncture alone.

The crowning glory was how, during the third week of the treatment, she had her usual psychoanalysis session with her doctor, the one which had left him frustrated in the past because she would not talk. Well, she came this time, and talked and talked. The doctor was so taken aback, that he cancelled the next two patients to sit and listen to her! She had much to tell him, and all that information was useful in further diagnosis and treatment of her emotional problems. And, if had not been for the correct decision to give her the elimination points, and to tonify the Qi, we would never have got this far in the treatment.

If our elimination processes are not in good functioning order, we cannot rid ourselves of stools, urine, heat, toxins, stifling emotions; and energy is blocked with 'traffic jams'. Just as activity and exercise are important to keep the Blood, energy and body fluid in motion, so it is important that our elimination functions are working well too.

CASE EXAMPLE: MALE, 23 YEARS

This young man suffered from episodes of tachycardia, hypertension and urticaria every time he had a bath or shower – the temperature of the Water or the climate did not matter – for the last four years, during which he had been symptom-free for one month, when he had a holiday in the Far East. It was a serious problem and no treatment, so far, had helped him.

He had been treated with Yang sedation without success. He was quite an introverted young man, who never spoke about his emotions. It took some time for me to understand his problem, but by and by, I came to know that his father thought very poorly of him and telephoned him every day – wherever he was, except on his Far Eastern holiday – to tell him off. The patient felt extremely angry with his father for what he was doing to him, but his Qi deficiency did not permit him to stand up to him. All his anger stayed deep within him, waiting ... trying to get out. Each time he washed his skin – and this opened the pores – the suppressed energy tried to get out, causing the urticaria, hypertension and tachycardia, symptoms, lasting up to four hours. When it could not get out, the symptoms gradually settled down.

Having finally understood the energy dynamics of the patient's episodes, I decided to tackle it at the core, giving him the following points:

- UB 18 – back-Shu of Liver (Liver relates to anger,* and this point improves the function)
- LI 4 – great eliminator
- GB 37 – Luo point of coupled Yang organ (sedates Yin and tonifies Yang)
- St 40 – Luo point as well

The treatment was given daily. After three sessions, I asked him to shower. The symptoms appeared, but to a lesser degree. He continued with the treatment, and was completely cured in three months.

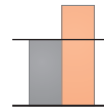
As you can see with both the above examples, elimination is part of the protection function, and therefore, is important for our immune system. In the West, patients do not feel comfortable talking about excretions and emotions, unless these functions greatly affect their life. Many symptoms are easier to treat when they are part of a disease; it is more of a challenge to treat a disease.

* It is not normal 'energy-balancing practice' to tonify Liver Yang in patients with high blood pressure. I did this in order to improve the Liver functional Qi, so that it could eliminate the anger, which was deep in this patient and trying to get out.

12.1.2 Lung controls respiration

The Lung is a respiratory organ, and breathing is its function. Ease of breathing and having enough air to function are indications of healthy Lung function.

Lung Yang excess



Lung Yang excess could manifest as acute bronchitis, with cough, pain in the throat and chest when coughing, yellow or green mucus, fever and excessive sweating. It could also manifest as an acute asthmatic attack with bronchial spasms. In both cases, breathing would be difficult and the patient will be better sitting upright as they are unable to breathe in a lying position.

Lung Yang deficiency



Lung Qi deficiency



Yang deficiency is coldness, and this is a chronic state. The Lung would be vulnerable to cold at Yin times of the day, and symptoms of cough and asthmatic breathing will occur regularly, especially in cold weather and at night.

Qi deficiency is poor function, again in a chronic situation. The patient suffers from shallow breathing and sleep apnoea, because Qi deficiency worsens in the passive state. If there was mucus, the patient would not be able to cough strongly enough to expectorate it.

Lung Yin deficiency

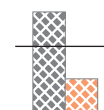


Lung Yin deficiency means that there is dryness, with little or no mucus. If there is mucus, it tends to be very thick, like glue. There is no problem with breathing, but a dry cough. And for the exchange of air to take place in the Lung to the Blood, there should be some moisture present. If the dryness is serious, then the patient would be short of air when active. This is typical in smokers.

Lung Yin excess

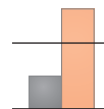


Lung Qi deficiency with damp stagnation



Lung Yin excess – the best example for this acute condition is Lung oedema. But it could occur in a **Qi deficient state as damp stagnation**, when the Spleen generates excess damp or when Lung Qi cannot circulate or eliminate it. This would be common in illnesses such as asthmatic bronchitis or emphysema.

Hyperactive or hypersensitive Yang in Lung



Hyperactive or hypersensitive Yang in Lung is either a sub-acute or a recurrent state, with severe dry cough, perhaps tasting a little Blood with the mucus, worse at nights, with night sweating and feverishness; or it could be recurrent asthma on exposure to an allergen or with extreme anger. The acute asthma attack is accompanied by dry bronchial spasms, very sudden and severe.

Bronchi become 'hypersensitive' because the difference between the Yin and Yang is the maximum in this relationship, rather than any other Yang dominant state. The bronchi are abnormally sensitive and can go into spasms (hyperactivity). To reduce their vulnerability, it is necessary to dull their sensitivity, or reduce the distance between the Yin and Yang.

Treatment

Lung Yang excess

- Sedate Lu 6 – Xi-cleft point (sedates any excess in an acute state).
- Sedate LI 2 – Sedation point (indirect sedation of Lu Yang, by sedating the coupled Yang organ).
- Lu 11 – bleeding (this is the distal-most point of Lu meridian. Bleeding helps to release heat. Lu 11 bleeding releases heat from nose, throat and more superficial areas. If the patient has bronchitis or pneumonia, venous bleeding from a point near Lu 5, the Sedation point of the Lungs would work better. Out of the Five-Element points of the Lung meridian, Lu 11 is the most distal point and Lu 5 is the most proximal. The proximal point works better for the organ and the distal point treats the sensory organs.
- UB 13 – bleeding cup on the back-Shu point. The back-Shu point is another local point for the organ, and using the bleeding cup here is a very effective way to eliminate heat from the internal organ.

Lung Yang (Qi) deficiency

- UB 13 back-Shu point (needling improves Qi; hot needles increase heat).
- Lu 10 – Fire point (Grandmother point – increases both Yang and Qi).
- LI 11 –Tonification point (indirect tonification of Lu Yang and Qi).
- Breathing exercises, and moderate physical exercise such as walking, will be beneficial.
- Eating spicy food improves Lung Yang.

Lung Yin deficiency

- Lu 1 – Mu-front point (cools and calms).
- Lu 8 – House-Element point (Metal point) – tonifies only the house energy, which is Yin. Lu 9, even as a Tonification point, would increase Yin and Yang in a 90:10 ratio. As a Yin deficiency could often cause a recurrent excess of uncontrolled Yang, it is safer to tonify only the Yin with Lu 8.

Humidifying the rooms, drinking Water and eating white rice are simple but effective ways to support this treatment.

Lung Yin excess

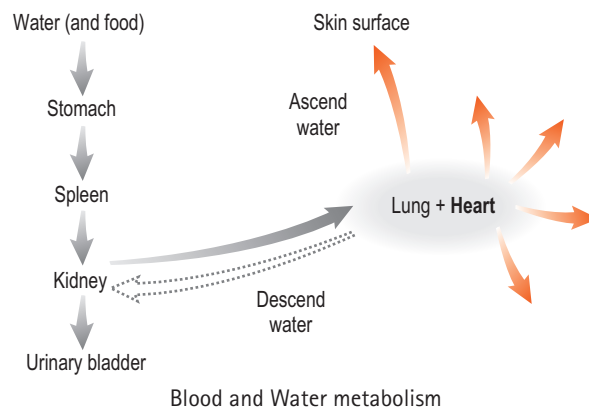
- Lu 6 sedation as Xi-cleft or Acute point
- Lu 5 sedation – Sedation point
- K 5 sedation – in acute situations, it helps to sedate the Son organ, so energy could flow from the excess organ to its Son
- Avoiding salty foods and milk products will help to eliminate Water and reduce dampness

Hyperactivity of Lung Yang

- Sedate LI 4 and tonify Lu 7
- Sedate Lu 6 – Xi-cleft
- Lu 1 – Mu-front point (to cool and to calm)

12.1.3 Lung ascends and descends Water

It is said that we have three Lungs, that is, our two Lungs, and the skin making up the third Lung. The Lung has to irrigate all of these. It is in order to do so, that it has to both ascend and descend Water. Take a look at the diagram below.



Food and drink enter the Stomach from the mouth, and is digested by the stomach and absorbed by the Spleen. The Spleen sends this nutrition and Water to the Kidneys. The Kidney uses this in the making of Blood in the bone marrow. The Blood made by the Kidney is not oxygenated. The Kidney sends this Blood, nutrients and Water to the Lung. The Lung also brings nutritional energy to the Blood through respiration. The Heart uses all these factors to synthesize red Blood, and circulates it centrally to all the body, with the peripheral circulation continued by the Spleen.

The Water that is not used in Blood synthesis is left over in the Lung, and the Lung has to send it away. The Lung ascends some of this Water to the skin, as sweat; it descends some Water back to the Kidneys. The Kidneys decide how much Water is needed by the body, and the rest goes to the Bladder to be excreted.

It is normal to ascend (sweat) less Water and descend (urinate) more when cold, and to descend less and ascend more Water if hot. Let us look at Lung problems with ascending and descending Water.

Difficulty to ascend Water manifests as skin problems

- Thin and dry skin – there is less Water both under and over the skin – Lung has too little Yin to ascend.
- Thick and oily skin – there is much dampness both below and on the skin – Lu Yin is in excess and ascends much dampness to the skin.
- Thick and dry skin – there is dampness below the skin surface, but it is unable to rise to the skin surface. This is because the function of opening and eliminating is poor (examples – psoriasis, eczema, myxoedema).

Treatment

Points to improve ascending function of Lung

- UB 13 – back-Shu point (improves function)
- Lu 10 – Fire point (Grandmother point, tonifies Yang)
- LI 11 – Tonification point (indirect tonification of Lu Yang)
- Steam room (wet sauna) and warm weather help skin to eliminate

Difficulty to descend Water manifests as Lung problems

Excessive mucus and Lung oedema indicate the Lung is full of damp, but does not descend to the Kidneys. Why not? There are two possible reasons.

1. The Lung has difficulty descending Water to the Kidneys

Treatment

Sedate Lung on point Lu 5, the Water point. Sedating a point on a meridian will help the meridian disperse the excess energy. The point one uses to sedate will determine where this energy should flow. Lu 5 sedation will disperse Lung Yin and send it to the Yin organ in the Water Element, the Kidney.

2. The Kidneys might be too full of Water to receive the fluid from Lung

This may be a patient with poor Kidney function or Heart failure. The oedema is generalized, and the Lung is only a part of it.

Treatment

- UB 23 – Needle and cupping (to increase diuresis)
- UB 58 – Luo point (tonifies Yang and sedates Yin)
- UB 39 – Lower Sea point of Triple Warmer (harmonizes Water for whole body)
- Ren 5 and 9 – needle and cupping (excellent empirical points for Water retention and lymph oedema)

12.1.4 Lung opens to nose, senses smell, secretes mucus

The nose is the doorway to the respiratory system. The nose, the sinuses, the pharynx and trachea are all Lung territory. A problem in any of these areas should be treated as a Lung imbalance.

Inflammation of the upper respiratory tract with pain, sneezing, hot head and coloured mucus, is a Yang dominant state, whereas a blocked nose, excessive white mucus, heavy head and coldness is a Yin state.


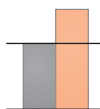
A good sense of smell indicates healthy function. Acute anosmia could be a Yin excess symptom (when we get a common cold with a blocked nose and excess mucus, we lose our sense of smell); but if the anosmia is chronic, then it is more likely to be from Qi deficiency. If the Yin and Yang are both deficient, the patient cannot smell well at all, but often complains of an unpleasant smell around them.

Lung secretes mucus. Excessive mucus is a sign of dampness. Even though Lung secretes its own mucus, the organ that generates and circulates mucus is the Spleen. Damp producing foods such as milk products, fatty foods, refined sweets and cold, raw foods can create dampness in the Spleen, and flow to Lung, the Son organ. Point St 40 should be given in order to circulate the stagnant dampness in the Lung. If there is dryness of the mucous membranes, or very thick mucus, this would be because of Yin deficiency, and the patient should be encouraged to drink Water and humidify the living rooms to improve the Yin.

Common cold

A common cold is generally an acute excess state. It is generally described as a wind invasion of the upper respiratory system, causing symptoms from nose to pharynx, there may be a headache and feeling hot or cold in the exterior, aversion to wind and sweating much or not at all. This is caused by the exterior wind attacking the interior, and irritating the nose and throat. When the immune system is good, the patient will usually return to normal health the next day, after an early night. But it is also possible that the patient wakes up the next morning feeling worse than the day before. If the symptoms move deeper and the voice changes, this is the point when the exterior disease changes to an interior disease.

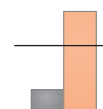
Until the point of moving to the interior, wind invasion of the upper respiratory tract can be treated with one session of treatment, and the pathogenic factor eliminated. The main purposes of the treatment are: to get the patient back to normal health as quickly as possible and not to let the pathogenic factor get to the interior and cause a long term chest infection. Table 12.2 to help you differentiate between the wind-cold and wind-heat types of common cold, sinusitis and pharyngitis.

Table 12.2	
Wind-cold invasion of Lung	Wind-heat invasion of Lung
	
<ul style="list-style-type: none"> Blocked nose alternating with runny nose, few sneezes Cold, aversion to cold draught Mucus tends to be white Less thirst, prefers hot drinks Stools and urine lighter than usual, more watery or semi-solid Tongue – thin white coating Pulse – superficial, wiry and slow 	<ul style="list-style-type: none"> Much sneezing, some runny nose Hot head, wants to keep it cool, body could be normal or cold Mucus more yellow, or dry Much thirst, prefers cool drinks Stools and urine darker than usual, more hard Tongue – thin yellow coating Pulse – superficial, wiry and rapid
Treatment	
<ul style="list-style-type: none"> Local – Extra 1 (Yin Tang) LI 20, SI 17 Distal – LI 4 Symptomatic – St 40 for mucus Energy points – Lu 6 or Lu 5 sedation (Xi-cleft or Sedation point) GB 20 – Wind-elimination tonification 	<ul style="list-style-type: none"> Local Distal Symptomatic – same as left Energy – Lu 6 or LI 2 sedation Xi-cleft or coupled organs sedation GB 20 – Wind-elimination sedation Lu 11 – Bleeding (releases heat)

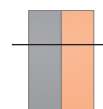
Epistaxis

Epistaxis is bleeding from the nose, usually due to rupture of small vessels. This type of excessive bleeding, no matter from which part of the body, shows a Fire-heat situation of the organ. It **should not be confused with** dryness with occasional Blood when blowing the nose.

Fire-heat



Damp-heat



The body always wishes to bring about a balance.

In a damp-heat state, the Yin is healthy and the Yang increases; the Yin would then contradict the Yang, and increase in order to suppress or control the Yang increase. The symptom would be of **inflammation and fluid**: cough and mucus, abdominal pain and diarrhoea, stomach pain and vomiting and there will be fluid secreted as a reaction.

In a Fire-heat state, the Yin is deficient, and the Yang increases; the deficient Yin cannot increase to fight the Yang – but it would be possible to eliminate the heat from the body, in order to bring about a balance. The quickest way to release heat, is to bleed – the more Blood, the better.

Box 12.1

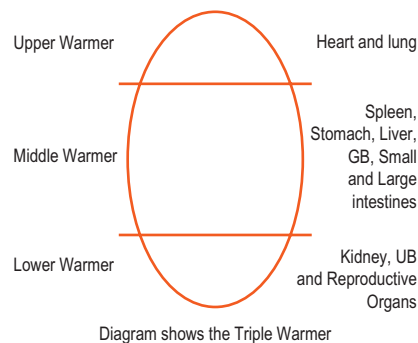
Wherever excessive bleeding occurs from, there is a Fire-heat in that organ; also, there is a Fire-heat situation in the Liver, because Liver stores and releases Blood for the entire body.

Treatment

- Local points – Extra 1 (Yin Tang) and LI 20 (together they are called the nose triangle)
- LI 4 – sedation and Lu 7 tonification (Yuan of Yang organ → → Luo of Yin organ)
- GB 40 – sedation and Liv 5 tonification (Yuan Yang organ → → Luo of Yin organ)
- GB 20 – Heat-dispersing technique
- Sp 6 – Descending technique (given to descend the ascending heat)

12.1.5 Lung nourishes skin and body hair

We have already discussed the Lung function of ascending Water to the skin surface, and open-close function of the skin earlier in this chapter. We also discussed the different skin types such as thin and dry skin, thick and oily skin. I would now also like to mention **mixed skin** – which could be either oily skin on the face and dry, fishscale-type skin on the legs or oily and dry skin in different parts of the face. The first indicates poor distribution of fluid in the Triple Warmer; the second is because of Spleen Qi deficiency.

**Treatment**

The function of the Triple Warmer is to distribute heat and Water equally in the three warmers. If one warmer is dry and the other moist, this could be because of Qi deficiency in the Triple Warmer. The treatment is:

- Tonify Triple Warmer Qi
- UB 22 – back-Shu of Triple Warmer
- UB 39 – Lower Sea point of Triple Warmer
- TW 5 – Luo point
- Tonify Yin of deficient warmer

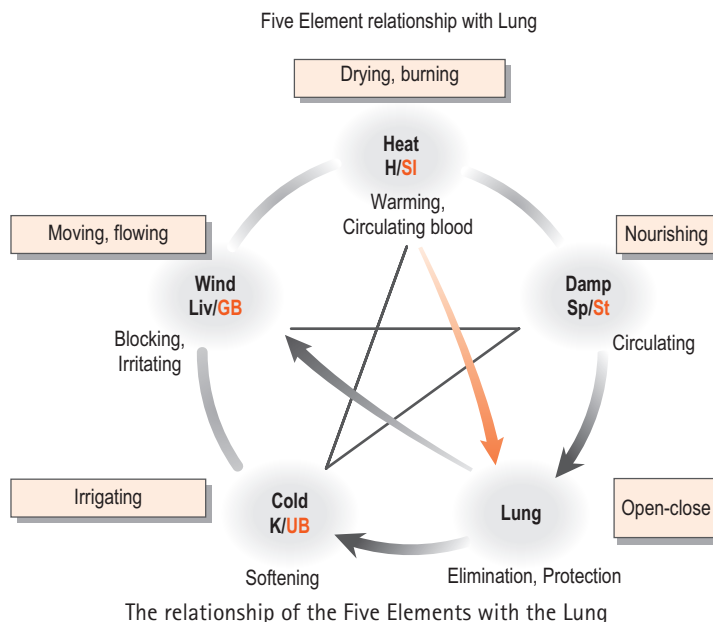
Example: for dry skin on legs – tonify Kidney Yin.

If within one area there are oily and dry patches, this indicates poor circulation of dampness in the surface – Spleen Qi deficiency. The treatment is:

- **Tonify Spleen Qi**
- UB 20 back-Shu point of Spleen
- Sp 1 – Wood point (Grandmother point)
- St 40 – Luo point

The Five Elements and their relationship to the skin

The relationship of the Five Elements is such that every other Element is inter-related to each other, and, when one Element is imbalanced, another is affected by that change. The Lung, and skin, too are highly sensitive to interior changes in energy, as much as to exterior climatic changes. The diagram below shows the relationship between the other Elements and the Lung:



Lung and Earth

It is said that 'Lung nourishes skin and body hair'. The Lung gets its nutrition from its Mother, the Spleen. So when the skin lacks nutrition, it makes sense to see if the Spleen, the Mother, has enough nutrition to send to the Son. If a thin patient has a thin and wrinkly skin, it could literally be filled up by damp producing foods. 'A ¼ L of buttermilk a day, keeps the wrinkles away'!

If the skin is not well nourished, the reason is in poor Spleen nutrition. A thin skin is also sensitive to pain or to the sun. You will know these patients after their first needle, and so will the other patients in your waiting room!

Thick and fatty skin, as in a patient with acne vulgaris, occurs when there is excessive dampness flowing in from the Spleen. Dispersing Sp 9 helps, but it is more important to completely avoid damp producing foods: milk and fatty foods, refined sweets and carbohydrates and excessive cold, raw foods.

The skin gets its tone from the Spleen function (Qi). It is the connective tissue that adheres the skin to the muscles, and in Spleen Qi deficiency, the skin hangs loosely from the muscles. To improve this, one should consume foods that increase Spleen Qi – mainly wholemeal grains, cooked and warm food and drinks. It is important that the patient does not consume large evening meals, so as not to cause strain on the Spleen function at its lowest energy time according to the Organ Clock. Plum-blossom tapping could be used as local treatment, to firm the connective tissue.

Lung and Fire

The Yang of the Heart and Small Intestine, and the Triple Warmer warm also the skin, and improve Blood circulation. If the Heart and Small Intestine Yang is deficient, the skin is pale, or there can be a marbling effect on the skin, between pale and pink, and skin diseases worsen in cold weather.

When the Heart, Small Intestine, and the Triple Warmer have excess Yang, this could cause Yang diseases of the skin such as inflammation, burning, urticaria. Therefore, in Yang diseases of the skin, it is necessary to make sure that the Fire Element is not the cause of the heat, and if so, points SI 8 and TW 10 (Sedation points) should be used with sedation technique. The patient should avoid caffeinated drinks and red meat, as these foods increase Heart Yang.

Lung and Water

The Kidneys store Water for the body and irrigate it. If the Kidney Yin is deficient, they will draw Water from the Mother, the Lungs. This occurs in menopause and in other situations where the body turns dry. If this happens, the patient should drink more Water and eat salty foods to hold this Water in the body. The Tonification point of Kidney, K 7, is not ideal for use in this situation because its source of Yin is the Lung. Point K 10, which is the Water point and House-element point of the Kidney, gets its energy from the Yang of the Large Intestine (the opposite side of the Organ Clock) and is the best point in this case to tonify Kidney Yin.

When Kidney function is compromised and it does not eliminate sufficient Water, there is Water retention and oedema in the body. This will also affect the Lung and the skin. In this case, Kidney function should be tonified with points – UB 23 needle and cupping; UB 58 – Luo point to sedate Yin and tonify Qi.

Lung and Wood

Liver and Gall Bladder Qi generate internal wind, which is important for free flow of Blood, energy and body fluid. Qi deficiency causes stagnation and block in this free flow; when there is Liver Yang excess or ascending Liver Wind, this could cause wind symptoms in the skin, and in the respiratory system, such as sneezing, irritation and bronchial spasm. If this occurs, it is a sign not only for the Liver/Gall Bladder to ascend wind, but also that the Lung Yin is deficient, and it is unable to control the Liver/Gall Bladder Yang on the Controlling Cycle, and that the Gall Bladder is counter-powering the Lung (Counter-powering cycle, p. 207). In this case, point GB 38 sedation should be used together with wind-eliminating points for the Lung and skin wherever there is itching, with the wind-elimination sedation technique (p. 431). Also points Lu 1 and 8 should be given in order to tonify Lung Yin, so it can control the Gall Bladder and Liver Yang on the Controlling Cycle.

In Liver Blood deficiency (also Heart Blood deficiency, since Heart synthesizes Blood and Liver stores it), there is less nutrition and moisture all round. This also causes dry, poorly nourished skin – without lustre, dull body hair, and with a tendency to injure easily and heal poorly. Points Ren 14, UB 15, UB 17, GB 39 and iron supplements should be used to build-up Blood.

12.1.6 Associated emotion – grief

If Yin and Yang are two aspects of our lives, then sadness and joy are the two sides of the emotions. If one does not know sadness, how can one enjoy the happiness? Life begins with crying and ends with it too. An infant cries to communicate its needs, an adult cries to manipulate others, and no one likes to see another person crying.

Sadness is very much part of our daily lives, we are sad for ourselves and for others. This sadness could become an interior pathogenic factor if we do not eliminate it. It can oppress the Lungs, cause problems with breathing and suppress the immune system (Wei Qi –protecting energy). If we cry when we are sad, it feels like a big weight has been lifted from the chest, and we can breathe more easily after crying out our grief. Babies know how to cry at the time they are born, as they need this ability in order to breathe. But somewhere in the process of growing up we lose this ability. Society does not tolerate crying in boys because it makes look them as ‘silly as the girls’, and soon enough girls will not want to be thought of as silly as well. We all want to be clever people, not silly people, and so if we keep our emotions bottled up inside and all this harmful energy attacks our Lungs and skin – causing asthma, eczema, cancer and bowel problems – then so be it!

CLINICAL EXAMPLE – FEMALE 33 YEARS

This young woman, housewife and mother, came to me with irritable bowel syndrome. As a problem affecting at least 30% of the patients in Britain, especially women, the symptoms are highly varied between patients. She had severe constipation, abdominal distension and dull constant abdominal pain all day.

Even with laxatives, her stools were ‘very lazy’. Her clothes became tight around her waist during the afternoons, and she felt heavy, lethargic and miserable. Her problems started four years ago, after her mother’s death, which had been quite sudden and when the patient had been in the last month of her pregnancy. She had been the only child of her mother, her father had died a few years back. I asked her if she had mourned her mother’s death, had she cried at all?

She had never cried since her mother died. She was angry that her mother was not there for her child’s birth, she had been depending on her mother helping her. Now she had to get on with her own problems. She missed her mother very much, and felt a tightness in her chest when she thought about her mother, but was unable to cry.

Treatment

The points I gave this patient were:

- LI 4 – great eliminator
- St 25, TW 6 – along with LI 4, these points are symptomatic against constipation
- UB 13, LI 11 – back-Shu point of Lung and Tonification point of LI, for indirect tonification of Lung function
- Paravertebral tapping with a plum-blossom needle, at levels L2–S4, until a red skin reaction is seen

The treatment was given daily, until she had more than two bowel movements per day. Then I treated her twice weekly, then once a week and gradually stopped treatment. She did not attend the treatment on the fourth day. But she came the next day, and said to me that she had cried all day, so much so that she thought something was wrong with her. She had to wait until her husband and daughter had left home, though. But now she felt so light and tranquil, ‘like a little girl again’. During later sessions, sometimes her little daughter accompanied her. Once, she cried because she could not find her toy. My patient said to her, ‘It is okay love, just have a little cry and then you will not feel sad any more!’ It was so refreshing an approach, when mostly what one hears is parents shushing their offspring.

Box 12.2

- One who has a Lung Yin deficiency cannot feel sad
- One with a Lung Yang deficiency cannot cry
- One with Lung Yin excess feels always sad
- One who has a Yang excess in Lung cries very easily
- One who has Lung Yin and Yang deficiency is sad and cries for no reason

Sadness increases Lung Yin

This is the reason for the feeling of tightness.

- **If one feels sad – this increases fullness of the Lungs**
- **If one has Lung Yin excess – one feels unaccountably sad**

An emotion could become a pathogenic factor; and an interior imbalance could manifest in an emotional state. One cannot live a life without feeling grief; but one should always be able to eliminate grief, and continue with life free of baggage.

I have witnessed many funerals in my village, Jaffna, in Sri Lanka when I was child. They use to be very noisy affairs, where each new person walking into the room would be greeted by a fresh rise in the wailing. Chests were beaten, songs were sung, men and women cried alike, every one sat around the dead and slept and awoke. When the funeral was over, life continued. I had hated going to a funeral because of the drama and was pleasantly surprised when I went to a very civilized funeral in the West. The family members came to the funeral parlour for a very short burial ceremony, and then we all went to the family home for refreshments, conveyed our condolences to the immediate family members and left.

The Lung Qi helps us to eliminate sadness, and to free the breathing. When we suppress our sadness, the Lung Qi is suppressed. Over a period of time, this can decrease the protecting energy (Wei Qi), which means we catch infections easily, and we are vulnerable to cancer.

We have an outer energy shield (as an extension of our skin), which we refer to as the Wei Qi. This is the energy that helps us to reflect harmful energies away from the body surface and interior. If these harmful energies cannot be dispersed, they will stay in, and infiltrate each and every organ – stagnating the energy flow, causing oedema, tumours, retention and other damp symptoms. As the dampness increases it causes dirt and heat, just as varicose veins cause oedema and this can lead to varicose ulcer or eczema. The damp stagnation process goes gradually over a long period – then the heat period starts suddenly, and worsens rapidly, which is rather typical of cancer.

As therapists, at most times we are physically strong and caring for the sick does not affect us personally. We feel strong and are glad to be in a position to help those unfortunate ill people. But, there are times in our lives, when we contract every infection that passes by. We feel that vulnerability. These are the times when our Wei Qi is weak. If we do not recognize this feeling, then we cannot do anything to strengthen our protecting energy shield.

Point LI 11, the Tonification point of the Large Intestine will also indirectly tonify the Lung Yang aspect. This is the best point to improve the Wei Qi. Other points such as Du 14 (the Meeting point of the Yang meridians) and point Sp 6 (the Meeting point of the three Yin meridians of the leg – the Yang needs the Yin to nourish) are good additional points. These points could be given as prophylaxis if a person feels vulnerable, or you could use them as treatment if a person already has an infection or fever.

12.1.7 Associated flavour – spicy

A spicy meal would make the nose run and the skin sweat, and the next day irritate the bowels as well. A patient suffering from colitis or eczema will definitely feel worse after eating spicy food. Spicy food increases the Yang of the Lung and Large Intestine. Why is it then that people living in tropical countries eat more spicy foods than those living in colder climates?

Spicy food, namely, chilli, pepper, mustard, horseradish, garlic, ginger, onion, leeks and other foods that burn in the mouth, irritate us all the way when one eats them. But they also increase the elimination function of the Lung and Large Intestine, which helps to cool the body. For instance, it would be very good to give hot (temperature) ginger soup to a patient with fever. It causes sweating, and the fever would decrease. But spicy foods worsen illnesses with excessive elimination already – diarrhoea, excessive sweating to name a few. Patients with Lung Yang deficiency generally crave spicy food; the amount of spice they crave is more than usual that is eaten in their country.

The Yin or Yang nature of any flavour will change when it is diluted with another flavour. When spice is mixed with sweet or milk, cream and damp-producing food flavours, it can increase the dampness in the Lung and skin (white rice with coconut milk curry is an example of this kind of food); when it is mixed with bitter flavour, it increases the heat in the Lung and skin (barbecued spiced meat).

12.1.8 Energy-giving colour – white

White is the colour of limitless space. If you wish to create an illusion that a little room is in fact a large one, you only need to decorate that room in white – from top to bottom. In a large space, we can breathe more easily. In a small space, one can feel claustrophobic and suffer from tight breathing. When a patient has a strong liking for bright white, it suggests a Yang deficiency; if the liking is for an off-white colour, a Yin deficiency may be present.

White is a colour that reflects everything that falls on it. Houses in tropical climates have white outer walls, as they reflect all the sunlight and the interior does not get too hot. As healthcare workers we wear white overalls, in order to protect ourselves from the harmful energies of the sick people that we work with all day. The white clothes strengthen our outer shield, thus enabling us to reflect the bad energies away. White also depicts pureness and cleanliness.

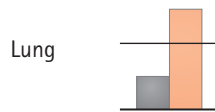
Some people find it difficult to be in a confined space, yet some feel safe within four walls. Some people like to be out in the open; others feel afraid they may get lost.

Claustrophobia

Claustrophobia is a fear of closed spaces, such as lifts or traffic jams. Throughout our lives, we grow out of one confined environment into another. At first, it is only the child, mom and dad; then the extended family; the nursery school; later the primary school, the college, university, student hostel, workplace, another city, another country and so on. Every change is both difficult and exciting, and there is a process of adaptation. We like to be independent, and not have to rely on anyone; but we also need to belong somewhere, identify ourselves with some group. The group with which we identify ourselves with may get larger, but the strong sense of belonging to some group is necessary.

Our skin covers us all round, and confines us in a way. When we want to be fiercely independent, we dislike being confined; we feel the fear of being confined – into a relationship, or in the workplace or in a situation. There is a strong dislike

for figures of authority. Confinement can cause panic, tight breathing and sweating as symptoms. What is it that expands? The Yang, of course. When is the Yang more likely to expand? This would be in a Yin deficiency situation.



Lung Yang increases from time to time, causing the energy to expand (try to get out of the skin)

Treatment

- Lu 1 Mu-front point
- Lu 7 – Luo point (tonifies Yin and sedates the Yang)
- Ren 17 – Influential point for respiratory organs
- SI 8 and TW 10 – sedate if patient is often hot and restless
- Sedation of LI 4 when fear is acute

Agoraphobia

Agoraphobia is a morbid dread of open spaces, especially with many people around. There are some people who prefer to be within a small known family or work situation, with someone telling them what to do, someone else taking responsibility, and with no surprises and no challenges. Take them out of this known, safe situation and into a larger place with responsibility and they will feel lost and panicky. It can make them faint, their legs will not move, they cannot function and seem paralysed. Such people need to have a very thick protective wall around them so that they can feel secure;* it is a sign of Lung Yang and Qi deficiency, and need a lot of reassurance and a person to guide them.

Treatment

- LI 11 Tonification point (indirect tonification of Lung Yang)
- Lu 10 – Fire point (will increase Lung Yang, if the Small Intestine has sufficient Yang)
- UB 13 – back-Shu point of Lung
- Bright white colours around them to broaden their horizon

12.1.9 Associated climate – dryness

Just as the Heart and Kidney share the heat and cold distribution, the Spleen and Lung share the damp and dry management of the body. There is a fine line between thin and thick fluids. If the thick fluids become excessive, we suffer various damp symptoms of the body, and in the Lung and Skin. If the thin fluids become deficient, not only is there general exterior dryness, but also the thick fluids become thicker, making it difficult to expectorate or disperse them out of the skin, creating the possibility for heat illnesses or inflammation.

Climatic dryness affects Lung and Large Intestine Yin adversely. It helps damp illnesses of these organs. When patients complain of dry cough and thick mucus, it is useful to humidify the living rooms, so that they inhale humid air; when the skin

* It is very interesting to ask these patients to draw any picture that comes to their mind. The person with claustrophobia will draw an open space (forest, fields, beach, etc.) without any borders; those with agoraphobia will draw a confined space (house and garden with a thick fence, a picture with a broad border all around the paper), always highlighting the border or the frame.

is dry, they should use some simple moisturizing cream and a wet sauna. In both cases, they should drink more Water and consume salt in their food regularly.

12.1.10 Large intestine – the coupled Yang organ

Between the Lung and the Large Intestine, the latter is the more active hollow organ; it is also the more important eliminating organ. Problems of the Large Intestine must be taken extremely seriously, and treated until well-being is restored.

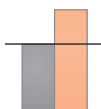
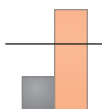

It is normal to have one to two stools per day. The stools should be well formed and chestnut brown in colour, unless stained by certain foods. There should be no pain before, during or after defecation. Abdominal distension is only normal after eating pulses, cabbage or raw foods.

Diarrhoea

Diarrhoea, or watery stools, could be the result of Spleen Qi deficiency, or imbalances of the Small or Large Intestines. Spleen Qi deficiency has symptoms of its own – no hunger for breakfast but around 11 am, tiredness after eating, heaviness of limbs, lethargy, oedema in extremities, etc. The watery stools are generally worse immediately after meals, due to malabsorption. The stools will contain undigested food, and be of a lighter colour than usual and rather frothy. Malabsorption diarrhoea is a chronic symptom, and can cause malnutrition over a period of time. It improves with eating cooked and warm foods in small quantities which are easy to digest. (For more details, see p. 300.)

The Small Intestine has an important function of absorbing fluid. In both Yin and Yang dominant states of the Small Intestine, there will be watery stool.

Table 12.3

Table 12.3	
Small Intestine	Small Intestine
	
or	
<ul style="list-style-type: none">Acute Crohn's disease, appendicitisColic or severe intermittent pain around and below the navel, radiating to low back and thighsUrgent watery stools and wind relieve pain for short whileCoffee, strongly flavoured foods and activity worsen the pain and diarrhoeaResting, eating bland food makes diarrhoea better. Worst time noonYellow, slimy coating on tongue, tongue colour more red, bad breathPulse full, rapid and slippery	<ul style="list-style-type: none">Chronic malabsorption syndromeConstant, dull pain around and below navel, dull low backacheAbdominal distension, but cannot release windBlack coffee or a little brandy could help with the pain and distensionKeeping busy, eating warm and cooked simple foods helps the pain and watery stools. Worst time nightsWhite slimy tongue coating, pale tonguePulse deep, slow and slippery
Treatment	
<ul style="list-style-type: none">St 39 sedation, St 25, Ren 12St 37 sedation, Du 20During acute phase, eat toasted white bread and clear salty soups, camomile tea, rest	<ul style="list-style-type: none">Ren 8 moxa onlySt 25, St 37, St 39Ren 12, UB 27Always eat warm and cooked small simple meals, warm drinks, no raw food

With the Large Intestine the symptom is more often a Yang dominant diarrhoea, either due to colitis or irritable bowel. The stools are darker than usual, with much wind and water – sometimes also pus or mucus and stink. There is usually severe colic on either side of the navel, the left side worse than the right. There is anal pain while defecating. Symptoms may be recurrent, and when bad, several times a day, and can cause dehydration. It is necessary to eat carefully during the acute state, eating bland, simple foods such as toasted white bread and camomile tea. Patient should avoid spicy flavoured foods and coffee, foods fried in oil, and large meals. When the patient has chronic diarrhoea with recurrent episodes, their Large Intestine Yin is deficient, and the Yang increases from time to time when there is reason for this increase. To prevent a bowel infection from turning chronic, or in case of a recurrent situation, it is always a good idea to tonify the Large Intestine Yin.

Treatment

Points to treat LI Yang excess diarrhoea:

- St 25 Mu-front point of LI (cools and calms the organ–tonifies Yin)
- Sedate St 37 – Lower Sea point of Large Intestine (when sedated, sedates Yang)
- Ren 12 – Influential point of Yang organs

Lower Sea points

All meridians have their own Five-element points, which are called by names of Water sources. The points at the fingers or toes are the Well points (Jing) and the points at the elbow or knee are the Sea points (He). The Well points of a meridian are useful in the treatment of superficial diseases of the organ system, and the Sea points are used in the treatment of the organ itself. Points St 36, UB 40, GB 34 are all used in their organ dysfunction problems.

All meridians flow on their respective organs, excepting for the three Yang meridians of the arm – Large Intestine, Small Intestine and Triple Warmer. When treating the dysfunctions of these three organs, their upper Sea points LI 11, SI 8 and TW 10, are not as effective. Therefore, additional points have been chosen on leg meridians and are used for organ symptoms. These additional points are called Lower Sea points, as these meridians already have their own Sea points on the arm. These points are:


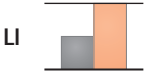
- St 37 – Lower Sea point of Large Intestine (upper Sea point LI 11)
- St 39 – Lower Sea point of Small Intestine (upper Sea point SI 8)
- UB 39 – Lower Sea point of Triple Warmer (upper Sea point TW 10)

They can be used to improve the function of organs when applied as tonification; and calm the function or disperse heat when sedated.

Constipation

Constipation is only a problem of the Large Intestine. If I have patient who suffers with many problems, of which constipation is one – it would be my primary concern to treat it first. If there is no free elimination of stool, it will cause many other stagnations and retentions in the rest of the body. Treat the constipation effectively, and many other symptoms will disappear without ever being treated.

There are basically two types of constipation (see Table 12.4).

Table 12.4	
	
<ul style="list-style-type: none"> ■ Stools once a week or so ■ Patient feels full, heavy, lethargic, but has no urge to go to the toilet ■ Stools are rather large when they come, not dry except at beginning ■ Abdominal distension in the evenings but not much wind ■ Patient has problems with elimination in general ■ Tongue is thick white furred coating ■ Pulse is soft, slow and wide 	<ul style="list-style-type: none"> ■ Stools daily, may be more than once ■ Patient has often an urge to go to the toilet ■ Stool very small and dark, like 'rabbit stools' ■ Not much distension, can pass wind, more so in the morning ■ Skin is generally dry ■ Tongue is dry or cracked ■ Pulse is thin and tensed
Treatment	
<ul style="list-style-type: none"> ■ LI 4, St 25, TW 6 ■ St 37, UB 25, LI 11 ■ Paravertebral plum-blossom tapping from level L2 to level S 4 until red skin reaction 	<ul style="list-style-type: none"> ■ LI 4, St 25, TW 6 ■ St 37, LI 5, Lu 8 ■ K 10

12.2 DISEASES OF THE METAL ELEMENT

The following conditions have been covered earlier in the chapter:

- Excessive sweating
- Common cold
- Epistaxis
- Skin types and treatment
- Yin and Yang diarrhoea
- Yin and Yang constipation
- Sadness and depression
- Claustrophobia
- Agoraphobia

12.2.1 Acute hay fever

Treatment

There are many successful methods of treating acute hay fever. The points I tend to use are:

- Local – these depend on where the patients feel most of their symptoms – nose and sinuses – Ex 1 (Yin Tang), LI 20, UB 2
- Throat – SI 17
- Headache – where it hurts, though they tend to hurt around the sinuses
- LI 4 – Area Distal point
- GB 20 – the most effective point (wind-eliminating point for head and face), especially when given with the appropriate wind-elimination technique
- Lu 6 sedation – Xi-cleft point, used to sedate an organ in an acute situation with excess of Yin or Yang
- Liv 6 sedation if eyes are itchy and red – Xi-cleft point
- St 40 – against excessive mucus

- Ear acupuncture – internal nose:
 - Lung
 - Endocrine
 - Triple Warmer
 - Pharynx – this could be added if this area is affected

Ideally, the treatment should begin with the earliest symptoms in the year, and the patient treated daily for four sessions. If necessary, one or two more weekly sessions could be added thereafter. The patient would be at least 50% better during that season. Of course, they must not try to push their luck by lying down and rolling on the grass to check how much better they actually are! If they follow some ground rules – sleeping with closed windows, not putting washing (especially bed linen) out to dry, using a dryer, washing hair before going to bed if they have been outdoors – they will feel good.

The following year, they should be treated the same way, and this time they can be more adventurous. Treatment should be given for three years at the same time of the year every year to obtain complete cure.

12.2.2 Chronic allergic rhinitis

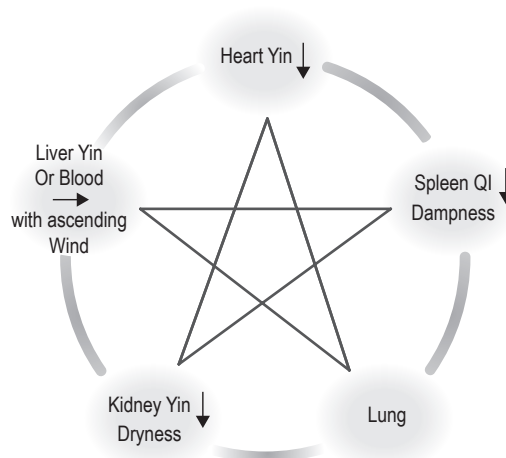
A very common problem among our patients – the cause could be dust, dustmites, pollen, animals, chemicals, cosmetic products and poor adaptation to climatic changes. It is also a difficult symptom to treat successfully, because the protecting energy (Wei Qi) is rather low. Chronic rhinitis is an important cause of frontal headaches in patients, even if they do not complain of rhinitis. Once the rhinitis improves, the headaches also disappear.

Treatment

The following Local and Distal points can be used in every case:

- LI 20, Ex 1 (Tai Yang), GB 20
- Sp 10 for allergy
- St 40 for mucus

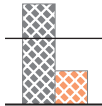


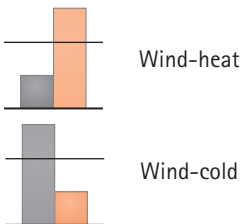
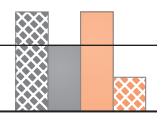
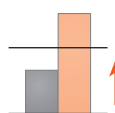
In addition to this, we could give some other points to suit the patient's special imbalances. The Five Element diagram below shows the relationship of other organs to the Lung.



The Five Element diagram

When treating the nose, always observe the skin in upper body, especially the face. This gives information about dry-damp situations, and also if there is cold or heat in the Lung. Table 12.5 should help you recognize and treat some common symptoms associated with rhinitis. Local, Distal and Symptomatic points are added to the points in the table.

Table 12.5

Symptom	Imbalance	Points
Blocked nose in bed and runny nose other times; or blocked nose alternating with runny nose	Lung Qi ↓ stagnation of dampness 	UB 13, UB 20 (Lu, Sp) LI 4, 6 (Luo point) Wind-elimination tonification on GB 20
Constant runny nose	Lung leakage 	Lu 1, UB 13 (Mu, Shu) Later substitute these for – Lu 9, LI 11 Ren 17
Sneezing in the mornings on getting up	Lung Qi deficiency ↓  Poor adaptation to environment changes	UB 13, LI 11
Sneezing or blocked nose early in the morning (4am) while still in bed	Lung wind symptoms  This is an excess time for Lung, and even though this is a chronic problem, the symptoms appear conditionally at an excess time	<ul style="list-style-type: none"> ■ GB 20 wind-elimination tonification, LI 6, UB 66 (The treatment should be given to sedate the excess aspect and tonify the deficient) ■ GB 20 wind-elimination sedation, Lu 7, K 10 tonification of UB 66, sedates Lung Yin on the Organ Clock; K 10 tonification sedates Large Intestine Yang on the Organ Clock
Often sinusitis with coloured mucus, may be present with Blood	Lu  Qi ↓ with damp stagnation and intermittent heat from this	GB 20 heat-elimination technique, UB 13, LI 4, Bleed Lu 11
Sneezing only when in contact with pollen or other allergen	Lung  wind-heat in Lung	Lu 1 (Mu), Lu 8 GB 20 wind-elimination sedation technique

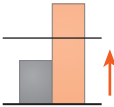
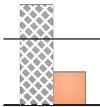
12.2.3 Bronchial asthma

Have you often wondered why so many people are suffering from asthma in recent times? Patients coming with other problems for acupuncture treatment often forget to mention the fact that they are asthmatic and are on long-term steroid inhalers. No one seems to recognize the seriousness of the disease, as long as they can suppress it with inhalers containing steroids or broncho-dilators. There is not sufficient awareness among the patients of the adverse effects of broncho-dilators on the Heart, or the side effects of steroids. Bronchial asthma shows that the pathogenic factor has moved to the interior, as the exterior Wei Qi (protecting energy) has been too weak. The cure would be to strengthen the Lung and the Wei Qi (which is pretty much similar, as Lung Qi is our protecting energy), and re-establish the relationship between Lung and the other organs of the Five Elements.

Table 12.6 is a simple table covering two common types of bronchial asthma.

Treatment

Points – P 6, UB 13 and Ding Chuan, the Extra points for asthma (half cun beside point Du 14) are used in both types.

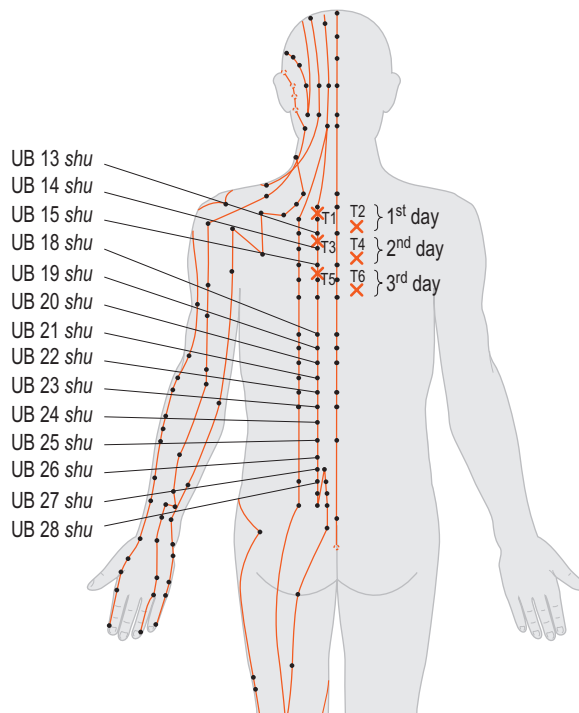
Table 12.6	
Lung wind-heat type	Lung damp-cold type
	
<ul style="list-style-type: none">■ Asthma is intermittent, there can be totally normal periods, when the patient does not need any medication, and be quite active; the acute phases occur suddenly and can be very serious, lasting a few days■ Acute phase may be precipitated by allergy, respiratory infection or emotional upset – especially anger■ Acute attacks with dry broncho-spasm and severe, dry cough■ Thin skin, less body hair■ Emotionally labile, with extreme manifestations of joy, grief or anger■ Can have hay fever or allergic skin problems	<ul style="list-style-type: none">■ Asthma is constant, only better or worse periodically. On listening to the chest with the stethoscope, wheezy breath sounds and adventitious sounds such as crepitations are almost always present■ Asthma may be worse in wet-cold weather, and at nights or early mornings■ Attacks with much wet cough and foamy mucus■ Thick moist skin, hairy■ Melancholic, happy in their sweet-sad state with no changes■ Can suffer from blocked nose and Yin type of neuro-dermatitis

Continued

Table 12.6—cont'd

Treatment

- Lu 1, Lu 7, Sp 10
- Ren 17 ↑, Du 20, Ren 22
- SI 8 Sedation, GB 38 sedation
- Liv 5 Luo point against the broncho-spasm
- Lu 10, LI 11
- St 40, LI 6, Ren 17 ↓
- UB 13 and 17 Moxa and cupping
(UB 17 is used only as an additional local point posterior to the Lung, considering its largeness. This point has no special significance in this case)
- Aquapuncture on back-Shu points:*



* 0.5–1 mL vitamin B₁₂ intramuscular injections given daily from Monday to Friday. Two back-Shu points daily as marked in the diagram, starting from T 1 and ending at T 10. After five days, there should be a week's break. Then another five-day treatment can be given, commencing on the Monday of the third week. Two courses will complete the treatment.

This is the general concept of the treatment. In the wind-heat type – it is important to tonify the general Yin if there are many organs that are dry. In this case one could use the Ren meridian – Lu 7 (confluent point) and three points on the meridian, Ren 3, 14 and 17. If there are scars obstructing the Lung or Ren meridian, they ought to be unblocked.

In the damp-cold type, it is necessary to balance the Spleen, as the dampness originates internally from the Spleen. Points UB 20, and Sp 1 can be used for this, and the patient should be advised to avoid milk products and cold, raw foods.

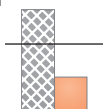
The treatments have to be given twice weekly for four to six weeks, then once weekly for four weeks, and then finally reduced to once fortnightly for three

months. If aquapuncture is used, other points on the scheme could still be given simultaneously. Aquapuncture is used daily, but the other points are not given more than twice in a week.

In my experience, the wind-heat type of patient responds quickly and extremely well. They should be encouraged to stop regular inhalers as soon as possible, but carry them on their person. Using medication without actually needing it creates dependency, pushing the patient into the group of constant Yin type. The Yin-type patient responds at a slower pace to the therapy. The aquapuncture may even worsen the symptoms initially, but it makes a great difference to the results in the long term. It is very effective in chronic asthmatic bronchitis and emphysema.

I have summarized the Yin type of asthma into two common types in Table 12.7. You may say this is fine-tuning of Table 12.6. If you find that a patient does not fit exactly into the Yin type described in Table 12.7, then you may wish to refer to Table 12.6.

Table 12.7

Lung damp-cold**Lung damp-cold**

- Asthma is constant. Wheezy sounds and crepitations always present during chest examination
- Worsens in wet-cold weather and during nights and early mornings (3–5am)
- Cough usually productive, with white foamy mucus
- Skin tends to be thick and moist, with much body hair, especially on the chest and arms
- Can have Yin-type neuro-dermatitis, or blocked nose; poor sense of smell
- Melancholic, seldom cries
- Tongue pale, with teeth marks and slimy white coating
- Deep, full slippery pulse

- Asthma is constant. Wheezy sounds and crepitations always present
- Can worsen with wet and cold, or with dry and warm. Allergies may also cause problems
- Cough could be either dry or productive, mucus may be gluey or foamy
- Skin thin, can be sometimes dry and otherwise clammy; very little body hair – especially on chest and arms
- Tends to have runny nose; anosmia but complains that they can smell something foul around them
- Cries very easily, not only when sad
- Is often sad with weepy-leaking sadness
- Tongue pale, and small with cracks at the tip
- Thin, deep and slippery pulse

Treatment

- UB 13, LI 6 (Luo)
- St 40, Lu 10, LI 11
- UB 13 and UB 17 (moxa and cupping)
- Aquapuncture on upper back
- Ren 17 ↓
- Treat Spleen – UB 20, Sp 1, etc.
- Ear: Asthma, Lung, Triple Warmer, Spleen

- Lu 1, UB 13*
- St 40, Sp 10,
- Lu 9, LI 11,
- Ren 17, ↑ Ren 22
- Tonify Spleen – Sp 2, St 41
- Ear: Asthma, Lung, Shenmen



**In the treatment of both Yin and Yang deficiency, one has to take care to start with the Mu and Shu points first, and use the Tonification points after about three sessions. Bringing in excessive quantity of energy suddenly into a very deficient organ could bring on an acute attack. It would be better to bring in energy when the organ has been somewhat stabilized, by using the Mu-front and back-Shu points for the initial sessions. Moxa and cupping would be too harsh for the same reasons, and could be given later if necessary.*

12.2.4 Neuro-dermatitis

In the struggle between the pathogenic and the anti-pathogenic factors, if the anti-pathogenic factor (the protective energy or the Wei Qi) wins, the pathogenic factor will be eliminated; and if the pathogenic factor wins, then this will consume part of the body energy and cause a sub-acute state. Neuro-dermatitis is a disease where the anti-pathogenic resistance is good enough to bring the pathogenic factor from the interior to the body surface, but not strong enough to eliminate this pathogenic factor from the skin and shut the door on it. When treating neuro-dermatitis, it is important to strengthen the Wei Qi. To do this, we should use point LI 11. Unfortunately, this is also the Tonification point of Large Intestine and will indirectly tonify Lung Yang. As neuro-dermatitis is a heat disease, tonifying Yang will worsen symptoms initially, and perhaps Elimination points are better to start with. When the symptoms have improved, LI 11 can be used in the final treatments.

Treatment

The two common types of dermatitis and their treatments are given in Table 12.8.

Table 12.8	
Lung wind-heat	Lung damp-heat
	
<ul style="list-style-type: none"> ■ Thin, dry skin ■ Flat, red, dry lesions with no clear borders ■ Wandering areas, often in upper part of body – face, neck, hands – less often in the lower part ■ Worse with heat, alcohol, allergies and emotional stress ■ Better during pregnancy (if not vomiting much and losing fluid), and in humid-cool weather ■ Can have allergic rhinitis or allergic asthma ■ Emotionally labile, with sudden changes and extreme manifestations of joy or grief. Could have problems showing anger 	<ul style="list-style-type: none"> ■ Thick skin ■ Raised, purplish and seborrhoeic lesions with very clear borders ■ Fixed areas, usually in joint folds and neck ■ Worse in wet weather, pregnancy, pre-menstrually and after consuming milk products ■ Better after periods, during lactation and in dry windy weather ■ Can have blocked nose or Yin asthma ■ Melancholic; stable in their sweet-sad state. Have problems crying when sad
Treatment	
<ul style="list-style-type: none"> ■ Lu 1, Lu 8, Ren 17 ■ Sedate LI 2, SI 8 and TW 10 ■ Wind-elimination sedation on wind points in affected areas; if area extensive, then sedate GB 38 ■ Avoid sour and spicy foods 	<ul style="list-style-type: none"> ■ LI 4, St 25, TW 6 (patients with constipation) ■ Sp 9 and St 40 (against dampness) ■ Lu 5, LI 6, UB 13 ■ Local plum-blossom needle tapping to bleed on areas with pruritus ■ Avoid milk products, fats and refined sweets

The treatment period for neuro-dermatitis is prolonged. Most patients have symptoms from childhood and, therefore the period of therapy needs to be long but given at intervals. Ideally, they should be treated twice weekly until some improvement can be noticed; the treatment is then given once weekly for two months, and then once fortnightly for a further two months. At the end of this period, the patient should be very well, with occasional bad days following changes in foods or in times of stress. The treatment should be given once monthly for a further six months.

12.2.5 Anti-smoking therapy

There are many ways of helping patients stop smoking. But it is important to help them realize that only they can stop their habit, and that no one else can do it for them. The responsibility is entirely theirs, but acupuncture can help them cope better with the withdrawal symptoms.

Treatment

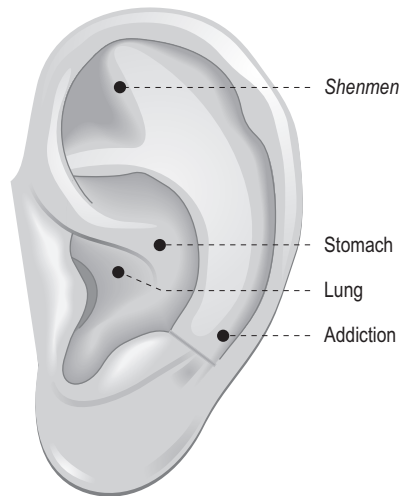
The treatment that I have tried and tested is given below. Remember always that the initial treatments are the most effective – and we should give these when the patient has stopped smoking completely. If they are still smoking one or two cigarettes, they will only feel the severity of the withdrawal symptoms *after* they have stopped these as well. Thus the initial treatments should not be wasted on patients in this undecided period. The patient should stop smoking on Sunday evening before 10pm, and treatment commenced on Monday morning before 10am. Give one session every morning until Thursday, two sessions in the second week, and one in the third week, that is, seven in all. The worst of the withdrawal symptoms are on the first three days, and then they become reduced and further reduced from then on. The patient needs to be ready with ways of distracting themselves at such times, but this should not include eating sweets, or they will put on weight. They could indulge in beauty regimens, doing exercise, singing or dancing or playing a computer game.

Body acupuncture points

- Ex 1 (Yin Tang), LI 20
- Du 20, Lu 1
- Lu 7/9, P 6/H 7 (these points are alternated at each treatment)

Ear acupuncture points

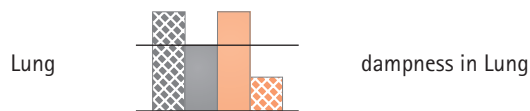
- Stomach point vibrated for one minute
- Lung
- Shenmen
- Addiction point
- Treat one ear at a time and alternate at each session.



To make this therapy more successful, you could make the patient pay the fee for the seven sessions upfront. This would make them feel more motivated and keep away from smoking on the first day, both actively and passively. The second treatment will be quite powerful, and not having smoked for over 36 hours will help them feel better on the second day when they have forgotten about the fee they have paid.

12.2.6 Acne vulgaris

This is the most common acne problem faced by teenagers – very oily skin with large, deep pustules on the face, neck, chest and upper back – almost never below the navel. Acne vulgaris is usually treated with long-term oral antibiotics, which create weakness of the intestinal flora, and suppress the immune system.



This type of acne is caused by a combination of three problems:

- The skin is excessively fatty. This dampness in the Lung comes from the Spleen. It would help if the Spleen Qi is tonified, and damp producing foods – milk products, fats and refined sweets and carbohydrates – are avoided.
- The skin keeps in much of the sebaceous secretions, as the elimination function is poor. These secretions stay deep in the skin and do not ascend easily to be eliminated because they are thick and not sufficiently watery to move around.

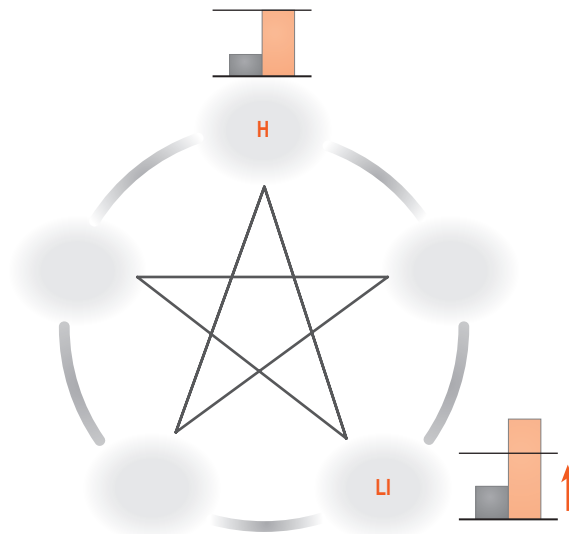
- Stagnant dampness has a tendency to become inflamed easily – hence the pustules and heat. **This is heat coming from the dampness, it is not the heat causing the dampness.**

Treatment

- Many local points on normal skin, in the area of the acne. The needles are given subcutaneously, up to 15 needles on the face.
- LI 4, UB 13 – to improve the function of the skin.
- St 40 – to improve circulation of fluid, Sp 9 could be added when necessary.
- Lu 5 – the Sedation point could be used with sedation when acne is extensive.
- Venous bleeding could be applied if inflammation is severe.
- Sp 10 – to purify the Blood and reduce the heat.

The most important part of the treatment is the avoidance of damp producing foods. Patients should be encouraged to drink warm Water instead of sweetened drinks. Treat twice weekly, 12 sessions making a course. The results are excellent, except in those individuals who have used antibiotics for some time.

12.2.7 Ulcerative colitis



One of the most successful conditions to be treated by acupuncture. The symptoms are: acute phases of diarrhoea with mucus, Blood and winds, precipitated by anxiety, excitement, fried or spicy foods, coffee or bitter drinks, pulses and other high fibre foods. In between bouts the patients tend to be rather constipated, with dry, dark 'rabbit' stools.

Ulcerative colitis is a hyperactive and hypersensitive disease of the Large Intestine, in an under-controlled situation, because Heart Yin is deficient. Heart Yin deficiency also causes anxiety, easy excitability and restless sleep. These symptoms provoke acute phases of the Large Intestine. So it is necessary to tonify Heart Yin and calm the Fire Element on the one hand, and prevent the hyperactive Yang from rising from time to time in the Metal Element.

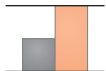





Treatment

- St 25, St 37 (Mu point of LI and Lower Sea point of LI). St 37 can be used with balanced needle technique all the time, but should be sedated in the acute phase.
- Ren 12 – Influential point of hollow organs.
- Ren 4 – Mu point of Small Intestine (would be good as there is some discomfort in the area around and below the navel as well).
- Lu 7 – Luo point of Lung (tonifies Yin and sedates Yang).
- LI 5 – Fire point (Grandmother point of LI – tonifies Yin).
- St 36 – symptomatic for distension.
- St 39 – Lower Sea point of Small Intestine may be added from time to time (sedated in acute phase).
- Du 20, H 8, P 6, Liv 3 – as tranquillizing and calming points for the anxiety, nervousness and hyperactivity.
- Completely avoid spices and onions, leeks, horseradish, mustard, ginger and garlic in foods, coffee or other caffeinated or de-caffeinated drinks, and fried foods. Eat only simple, cooked meals and in small portions. Refined carbohydrates and white rice are better than wholemeal and brown rice, as they are easier to digest.
- The patient should go to bed in time and have a good night's rest.
- A regular lifestyle greatly helps to improve the symptoms.

Treatment should be given twice weekly until all medication has been gradually withdrawn. Expect symptoms to worsen when reducing medication, and wait until the condition stabilizes before reducing again. Then once weekly for one to two months, depending on how well the patient feels; once fortnightly for at least three months; and finally once a month until one year of treatment is completed.

12.3 SUMMARY

Table 12.9

	Lung Yin ↓ 	Lung Yang and Qi deficiency ↓ 	Damp-heat In Lung 	Damp-cold In Lung 	Yin condition Large Intestine 	Yang condition Large Intestine 
Immune system, elimination	Sensitive to sun, to pain, skin more dry and contracted to sweat	Poor immune system, frequent respiratory infections, spontaneous sweating, cold skin	Harmful heat suppresses functional Qi – immune system is affected Excessive hot sweating	Poor immune system, recurrent breathing problems, worse in wet, cold weather, at nights and early morning	Large Intestine function is poor. Either semi-solid stools or constipation with no urge to go to toilet, fullness and distension	Dry and dark stools, or frequent and urgent tenesmus but little stool, may be with pus or Blood
Lung controls respiration	Dry cough, pain in throat and chest	Shallow breathing, tendency to snore, sleep apnoea	Cough with much yellow or green mucus, fever, chest pain and asthmatic breathing	Cough with excessive white mucus and asthmatic breathing at nights and wet cold weather		
Lung opens to nose, smell, mucus	Dry mucus membranes, hypersensitive to smells – sneezing, itchy nose	Anosmia, constant runny nose, worse in wet and cold weather, chronic blocked nose	Acute common cold or sinusitis, blocked nose alternating with excessive yellow-green mucus, smell may be affected	Sub-acute or recurrent blocked nose, poor sense of smell, runny nose in wet, cold weather, watery mucus		
Lung nourishes skin and body hair	Thin, dry skin, sunburns easily, less body hair, problem with getting a tan, sweats very little as the Yin is low	Dull skin, spontaneous sweating, problem to adapt to temperature changes in climate	Red, inflamed skin – urticaria, sun-burn, acne vulgaris, can show pustules and bleed when injured	Thick skin, may be dry on surface or could be oily. The skin cannot easily eliminate sebaceous secretions, may have acne		

Associated emotion – sadness Attach-detach ability	Unable to feel sadness, when sad feels angry instead. Unable to stay in a relationship. Since the Yang tends to rise, dislikes rules and laws that curtail their freedom	Unable to cry when sad, in their own sweet-sad state, need leadership, fearfully respect authoritative figures, unable to get out of relationships	Emotional and crying, their sadness should be the foremost thought for all around them. 'How dare you enjoy when I am miserable?'	Feeling of sadness causes interior problems – pressure on Lungs, dermatitis, acne, tumours, angina pectoris	Constipated for long periods, cannot defecate without laxatives or enema, abdominal fullness and distension	Urgent and painful stools with colic and much wind. Fear for relationships may cause nervous diarrhoea
Energy-giving colour – White and associated shades	Likes off-white colours, and beige, mustard yellow, which gives Yin from Mother	Likes brilliant white and all pastel shades, especially yellow	Dislikes white uniforms; dislikes police, army or any other persons with authoritative power. They would like to be the one to make the law	Very proud if wearing special uniform (work clothes), with a name badge. Feels important when given a job to do – but does not wish to take the initiative, or make decisions	Likes white, especially in the toilets!	Prefers colours that control Large Intestine Yang, lilac and deep maroon
Flavour – spicy	Highly sensitive to spicy food, may get irritated nose or skin, and difficulty breathing	Loves spicy food, eats more than the usual amounts eaten in their country	Completely dislike spicy food, their symptoms worsen greatly if they consume these foods	Spicy foods actually improves their skin elimination or the feeling of blocked nose and throat	Spicy foods help the constipation and make wind pass outwards! They feel comfortable after consuming these	Spicy food makes the diarrhoea, pains and wind very much worse
Climate – dry	All symptoms of breathing and skin worsen in dry weather	Symptoms slightly worse in closed rooms and stuffy weather	Need fresh air and windy climate	Bad in wet cold weather, and better in dry warm	Stools are not particularly affected by dry weather	When they have a constipated period, dry weather can make this dry constipation very much worse
Elimination of stool					Stools tend to be either light and semi-solid; or long-term constipated with fullness and distension in abdomen. Even if there are stools, the fullness and discomfort are present	Stools go between constipation and diarrhoea. The constipation is very dry, dark, looks like 'rabbit' stools; and the recurrent diarrhoea comes on with emotional problems or certain foods

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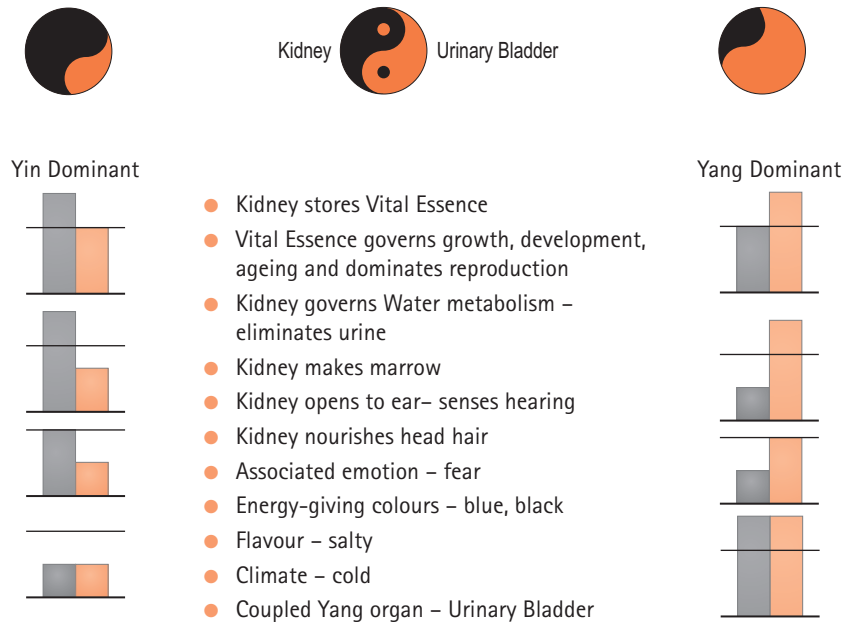
CHAPTER 13

The Water Element – Kidney and Urinary Bladder

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13.1 WATER ELEMENT – THE CONCEPT



13.1.1 Kidney stores Vital Energy

The total amount of energy we have in our body at any given time is called **Vital Energy (Qi)**. This includes the functional energy of each and every organ and cell in our body. Every function needs fuel – and this fuel is provided by the **Vital Essence (Jing)**. Though every organ and cell has its own Vital Energy and Essence, the Kidney stores this Vital Essence and makes the Vital Energy needed for function for the entire body. The Vital Energy is made from our **Congenital or Ancestral Energy** and the energy we acquire after birth (**Acquired Energy**) from eating, drinking, breathing, sleeping and social interaction.

If we are deprived of food, sleep, relaxation, air and such factors that provide stored nutritional essence (Blood), our Vital Essence would reduce. This can cause rapid exhaustion, poor endurance and loss of weight or dehydration.

If we do not receive sufficient sunlight, fresh air, intellectual and emotional stimulation or do enough exercise, our Vital Energy (Qi) will reduce. This can cause problems such as retardation of circulation and elimination functions, lethargy, lack of power and drive. The Vital Essence fuels the Vital Energy and the Vital Energy distributes the Vital Essence to all parts of the body. They are dependent on each other for effectiveness.

The Kidney Yang activates the Vital Energy and the Kidney Yin stores the Vital Essence for the entire body. A **Kidney Yang deficient** patient will have low energy to start the day, but this improves with activity as the day goes on. They also seem to be better on sunny days and when excited. Their best time for energy is around high noon, when general Yang is at its highest point. In **Kidney Yin deficiency**, the patient will be quite dynamic and energetic – but for short periods. Their energy state improves after rest (in the mornings, or after a siesta), or in the night. They can get quickly exhausted, and need to rest in between. It is also possible that **both Yin and Yang of the Kidney are deficient**, and the patient is tired all the time (except between 3 pm and 7 pm, the maximum energy times of Kidney and Urinary Bladder).

It should not be assumed that tiredness or lack of energy is only a symptom of Kidney deficiency. It could well be:

- **Lung Yin or Yang deficiency** – this may be in an asthma patient, or a hay fever sufferer who does not get enough air. This is often worse at 3–5 pm, the minimum energy time of Lung.
- **Liver Blood deficiency** – this would also be a **Heart Blood deficiency**, as Heart synthesizes the Blood for the Liver to store. The tiredness is often associated with standing, walking or physical activity, and is worse around menstruation. Associated symptoms are light-headed dizziness and blurred vision.
- **Spleen Qi deficiency** – This is the tiredness that comes over the patient after meals, especially lunch and dinner. They could also suffer from oedema and heaviness of the limbs.

General points to treat low energy

- Ren 6 – Sea of Energy (Qi Hai)
- UB 24 – back-Shu point for Sea of Energy (Qi Hai Shu)
- K 6 – ‘Wake Up’ point
- St 36 – Earth point (Nourishes whole body and tonifies Spleen Qi)
- Lu 9 – Tonification point

The following points could be added to the points above when there is another deficiency:

Kidney Yin deficiency: Add K 7, Sp 6, Ren 3

Kidney Yang deficiency: Add UB 23, K 3 and UB 67

Liver Blood deficiency: Add UB 17, Sp 10, Ren 14 and UB 15 (Mu and Shu points of Heart)

Spleen Qi deficiency: Add UB 20, St 36, Ren 12 moxa and Sp 1

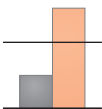
Lung deficiency: Add UB 13, Lu 1, Ren 17

13.1.2 Vital Essence governs growth, development and ageing

Kidney Yang boosts bone growth and the Yin nourishes the bones. The period of maximum growth in a child's life is comparable to the season of summer, where all trees show upward growth. The bones, just like the trees, need heat in order to grow. Kidney Yang provides the heat or Yang for this bone growth. Kidney Yang is at its highest during puberty – the time the reproductive system becomes active. This is also the time in which a child grows very rapidly.

There could be problems if a child grows too fast within too short a time, or if growth is retarded. If a child grows too fast during any particular period, their Yang is very high during this time; in addition, they do not have enough Yin to nourish this abnormal rapid growth. Therefore, the child develops weak bones and joints – especially in the back and knees. Kidney Yang deficiency also causes stunted growth or achondroplasia (though the bones are not thin or under-developed). Both these problems can be treated effectively, provided they are treated early and over a longer period.

Rapid growth with poor development of bones and joints
Hyperactive Yang in the Kidneys



Treatment

- K 4 – Luo point (tonifies Yin and sedates Yang)
- Ren 3 – Mu-front of Urinary Bladder
- Sp 6 – meeting point of the three Yin meridians of the leg, increases Yin
- UB 40 –Earth point (Grandmother point of UB, tonifies Yin)
- Drink more Water, eat more raw vegetables and fruit to cool the body

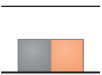
Changing eating habits is essential in order to cool the body. Baths and swimming also increases the Water Yin. Treatment should be given once a week, 10–12 sessions in a course of treatment, then stop and follow-up after a month. If necessary, the treatment can be restarted and given once fortnightly for another 12 sessions.

Slow growth with well-developed bones and joints

Table 13.1	
Kidney Yang deficiency	Kidney Yin excess and Yang deficiency
Treatment	
<ul style="list-style-type: none">■ UB 23 (back-Shu Kidney)■ K 3 (Earth point)■ UB 67 (Tonification point)■ Red meat, red fish■ Cooked, warm■ St 36, LI 11 <p>Treat once weekly × 12 Then once fortnightly × 6</p>	<ul style="list-style-type: none">■ UB 23■ UB 58 (Luo point)■ K 3 (Earth point)■ Exercise, warmth■ Many local needles in Hua Tuo points on back and near joints. <p>Treat twice weekly for three months Repeat after a three-month interval</p>

Poor growth with poor development

Kidney Yin and Yang deficiency

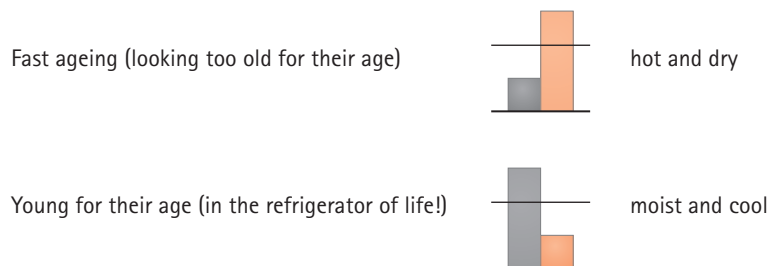


You will see plenty of this in children in developing countries. Their problem is mainly nutritional. Years of malnutrition make them thin and small – and they are very short indeed when compared with children of affluent families in those countries or an average child in Western countries. Children with eating disorders such as anorexia also suffer growth retardation.

So the treatment is to improve nutrition, and strengthen both Spleen/Stomach and Kidney/Urinary Bladder. There should be a healthy balanced diet, with lots of protein, milk products and fluids.

Kidney governs the ageing process

Our patients often surprise us – some often look and behave too young or too old for their age. Obviously, we do not always ‘age’ at the same rate as our chronological age. If we want to preserve a piece of meat for future use, we will wrap it in clingfilm to retain moisture and put it in the fridge. We know that what keeps cool and moist will stay fresh longer. If the same piece of meat was put on an open plate on a sunny window sill over a warm radiator, it would discolour, dry and decay within minutes. Which means that what is hot and dry ages faster. An example for an extreme case is progeria (premature old age occurring in childhood). When we apply this knowledge to our ageing process, which is governed by the Kidneys, we can conclude:



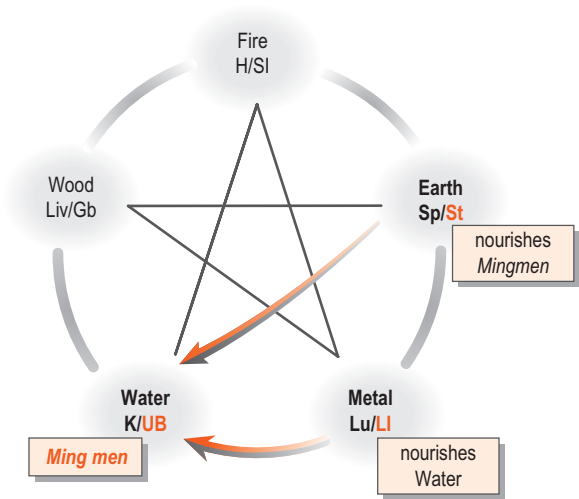
It is therefore occasionally possible to diagnose the state of Kidney energy just by guessing someone’s age and checking how far our estimate was from their actual age! It is also interesting to observe that a person can age rapidly within a short period of their life during illness, bereavement or menopause; and how they become younger looking if they are happy or are more relaxed.

13.1.3 Kidney dominates reproduction

The reproductive system begins to function at puberty and continues to be active until both female and male menopause. However, it also functions before and after this period, even though it does not have the function of reproduction. The reproductive organs are nourished and energized by the Kidney and Urinary Bladder, and the Earth and Metal Elements. The Kidneys and the Urinary Bladder are the only organs of the body that have two very different functions and two different Mother Elements. The Water Kidney governs Water and all its functions and the Life Gate (Ming Men) Kidney functions mainly with the reproductive system. The Earth Element nourishes the reproductive organs and the Metal Element nurtures the Water Element.

Table 13.2	
Kidney	
Water Kidney	Life Gate (Ming Men)
<ul style="list-style-type: none">■ Urination■ Dryness■ Oedema■ Bones, joints■ Head hair■ Hearing■ Physical energy■ Physical endurance■ Backache■ Knee pain■ Fear of Water■ Fear of physical work■ Nourished by – Lung – Large Intestine	<ul style="list-style-type: none">■ Kidney■ Fertility■ Libido■ Menstruation■ Puberty■ Prostate■ Uterus■ Pregnancy■ Sexual power■ Sexual performance■ Sexual manipulation■ Fear of contact■ Fear of (sexually contacted)■ Diseases■ Nourished by – Spleen – Stomach

The Kidney has two Mothers



The two Kidney functions can be diagnosed on two different pulse positions as well: the Water Kidney can be felt on the right wrist proximal position and the Reproductive Kidney on the left wrist proximal position. Therefore these two pulse qualities may not necessarily be identical at any one time, because they are indicative of different functions of the Kidneys.

Puberty

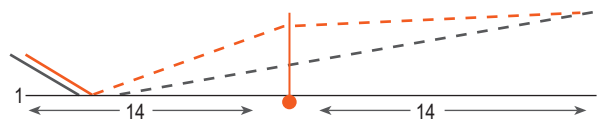
According to Traditional Chinese Medicine (TCM), the average age for male puberty is $8 \times 2 = 16$ (8 yearly periods being the number of lifecycles in a man); and the average age for a female is $7 \times 2 = 14$ (7 yearly periods being the number

of lifecycles in a woman). Delayed puberty would mean that the Reproductive Kidney is Yang deficient at the time, and this should not be a point for consideration of the Kidney status should we treat the patient at a much later date. Early puberty would be Kidney Yang Excess, again only during that period.

After puberty, all functions of the reproductive system – menstruation, libido and fertility – are all manifestations of the Kidney Yang and Qi, while Yin and Blood offer nutrition, stability and endurance.

Menstruation

The menstrual cycle is a release of heat and dampness from the uterus (the uterus is directly associated with the Urinary Bladder). The diagram below illustrates this clearly.



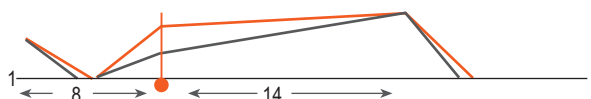
Menstrual cycle: An average menstrual cycle is 28–32 days; and the average bleeding period is four to five days. The bleeding should be heavier on the first two days and then reduce to stop by latest on the fifth day. As you see in the diagram above, both the heat (as in Blood) and dampness (as in fluid) are released in these days, and at the end of the menstrual bleeding, both Blood and fluid are low.

There is a dramatic fall in the oestrogen and progesterone levels during the time of menstruation. The cycle starts again after this drop in the hormones. The ‘follicular phase’ of the menstrual cycle begins with the pituitary gland secreting the follicle-stimulating hormone. This stimulates the follicles on the ovary to produce eggs. At the same time, the oestrogen levels begin to rise, the body temperature starts to increase, and at the high point of this increase, the mature egg is released. This is so far the Yang dominant phase of the cycle and the oestrogen phase. The Yin has been increasing at a slower rate until then, but now the Yin starts to rise. As the ‘luteal phase’ begins, fertile alkaline mucus is secreted in the cervix and endometrium to protect and help transport the sperm towards the fallopian tube. The endometrium prepares itself for the fertilized egg to travel down the fallopian tube and implants on the endometrium. It increases its secretions, Blood circulation and thickness. This is when the corpus luteum produces progesterone – and it is the progesterone phase.

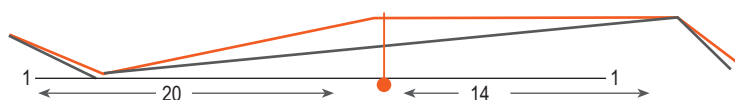
In the first half of the cycle the Yang is on the increase. Ovulation occurs during the time the heat is at its highest rise. This heat is important for fertilization to occur. Some women have problems becoming pregnant, even though they ovulate and menstruate quite normally. This could simply be because their body temperature is too low at the time of ovulation. I have found this to be true in many of my patients. When we regulate the body temperature with acupuncture, exercise and diet, they become pregnant without any medication.

In the second half of the cycle, dampness and Yin are on the increase. If fertilization had occurred, this dampness and Yin are needed to keep and nourish the fetus. The Yang (heat) continues to be maintained by the Blood and fluid. In some women with Kidney and Urinary Bladder Yin and Blood deficiency, the endometrium stays thin and under-nourished. This may cause habitual miscarriages, or stillbirth. However, if the woman does not conceive, then both the heat and dampness break down and the next period starts. There should be about 14 days between the ovulation and the bleeding.

In some cases when there is Kidney Yin deficiency the Yang may rise earlier than usual. These women are more likely to have shorter menstrual cycles because the Kidney Yang rises earlier and bleeding occurs sooner. Or it is possible that the ovulation is delayed in those who have a deficiency in Kidney Yang – and that causes a long menstrual cycle.



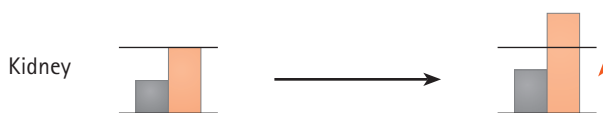
Short cycle caused by early ovulation. K Yang rises earlier because of Yin deficiency.



Late ovulation in Kidney Yang deficiency, causes a longer cycle.

Treatment

Short menstrual cycles



- K 4 – Luo point (tonifies Yin and sedates Yang)
- Ren 3 – Mu-front of Urinary Bladder (Tonifies Yin)
- Sp 6 – Area Distal point for the reproductive organs
- UB 40 – Earth point (Grandmother point, tonifies Yin of Urinary Bladder)

Treat from day of menstruation (or as soon as possible) twice weekly, three to four sessions per month. There is no treatment closer to the period. Treat for three to four months in all.

Long menstrual cycles

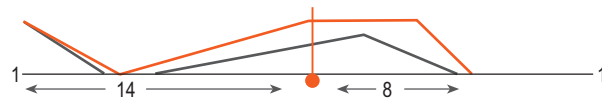


- Ren 3 moxa only – local warming
- UB 23 – back-Shu point of Kidney (tonifies Yang)
- UB 28 – back-Shu point of Urinary Bladder (tonifies Yang)
- K 3 – Earth point (Grandmother point, tonifies Kidney Yang)
- UB 67 – Tonification point (tonifies mostly Yang)

Treat from sixth to the fourteenth day of the cycle, three to four times in all. The patient should call after the period begins to make the appointments for treatment. The purpose is to advance the ovulation, so the treatment should end by the expected date of ovulation. Repeat monthly for up to four months.

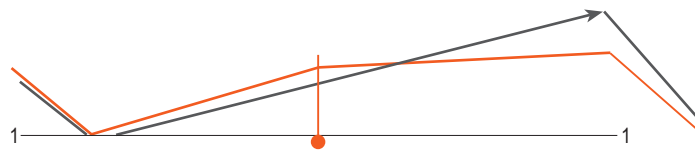
The same points are used at the same time of the cycle in the treatment of infertility – as we need to increase the Yang to facilitate fertilization.

Infertility, habitual abortion



Infertility or habitual abortion because the second phase is Yin/Blood deficient.

The second phase of the menstrual cycle (the progesterone or the luteal phase) is mainly when the Blood and damp increase to stabilize the fertilized egg in the endometrium, and thickening of the endometrium and proliferation of the Blood vessels occur. This stage will break down if the Yin and damp are deficient. This can cause two problems. One is habitual abortions in very early pregnancy; and second may be stillbirth in later pregnancy. Women with Kidney Yin/Blood deficiency tend to have a shorter second phase.



Excess of dampness and maybe Blood stagnation.

Pre-menstrual tension

Some women may have excessive **stagnation of dampness** in the second phase of the menstrual cycle. This could manifest as severe pre-menstrual tension, with symptoms such as oedema, breast distension, heaviness and lethargy and weight increase. This may retard the function of many organs and cause constipation, less urination, dullness and depression and strong food cravings. The patient will eliminate great quantities of stools and urine when the period begins, and feel lighter and better after menstruation. This is a manifestation of stagnation of dampness in the Kidney (as it is the organ that is related to the reproductive organs and to the Spleen, as this is the organ that circulates dampness in the entire body).

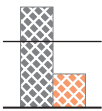
Kidney, Spleen Qi deficiency



This could also delay the menstrual bleeding, as the function of elimination is poor. It occurs because the second phase is too long.

There could also be a **Blood stagnation in the uterus** – this may manifest in symptoms such as pre-menstrual lower abdominal pain and backache, pressure on the Urinary Bladder, irritability, and severe dysmenorrhoea with nausea, dizziness and slow starting of menstrual bleeding. The Blood is clotty and dark at the onset of bleeding, which is also the time of the maximum pain. On the second day of menstruation, when the bleeding is more red and fluid, the pain improves as well. This is an imbalance of the Urinary Bladder (because of its direct association with the uterus) and of the Liver (as this is the organ that stores and releases Blood for the entire body).

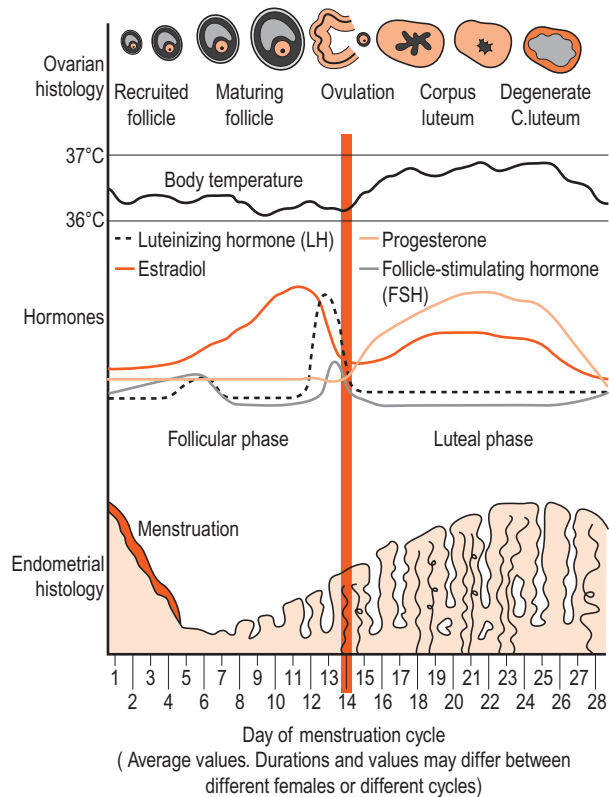
Urinary Bladder (uterus), Liver Blood stagnation



Generally speaking, this does not cause a longer second phase, but causes problems starting to bleed. Women complain that bleeding begins with difficulty, occurs at intervals, with dark, clotty bleeding. They could also suffer from pre-menstrual Liver headaches.

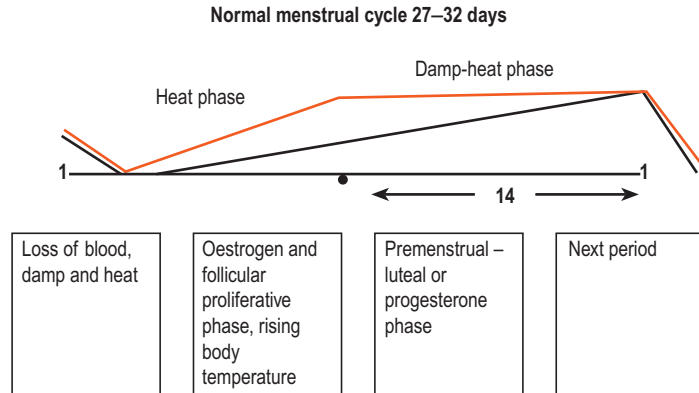
Table 13.3	
Kidney, Spleen damp stagnation	Urinary Bladder, Liver Blood stagnation
<ul style="list-style-type: none">■ Pre-menstrual oedema, breast distension, heaviness, lethargy■ Less urine, constipation, dullness, food cravings■ Weight increases before period■ Increased stool and urination with menstruation, feels better■ Tongue large with teeth marks	<ul style="list-style-type: none">■ Pre-menstrual irritability, mood swings, depression■ Coldness, poor concentration, dizziness, pressure on bladder and rectum■ Dysmenorrhoea before free flow of bleeding, begins with dark, clotty bleeding, pain eases when Blood starts flowing freely■ Tongue sides and back purplish
Treatment	
<ul style="list-style-type: none">■ UB 20, UB 23 – back-Shu points, needle and cupping■ UB 58, St 40 – Luo points,■ LI 4, TW 6, St 25 (Constipation points)■ Sp 9 – Diuretic point■ More sport closer to period■ Reduce intake of refined sweets and milk products	<ul style="list-style-type: none">■ UB 18, UB 28 – back-Shu points■ Para-vertebral tapping from L4 to S4■ UB 58, GB 37 – Luo points■ Sp 8 – symptomatic dysmenorrhoea■ LI 4 – great eliminator■ St 40 – circulates dampness■ More sport closer to period

For those readers who are concerned that my explanation of Yin and Yang dominance of the menstrual cycle is different from that in some other books, I would like to say I am aware that some books state that the first half of the menstrual cycle is Yin and the second half is Yang – exactly the opposite of what I have said. I will explain my point of view here, and why what I think differs from some other viewpoints, but I am not saying that other viewpoints are wrong.



As we review the menstrual cycle above, I would like to go back to the basics and superimpose the Yin and Yang categories on this (Table 13.4).

Table 13.4	
Yang	Yin
Hollow	Solid
Dry and warm	Wet (and warm)
Growth, change	Nutrition, stability
Light	Heavy
Function	Substance



If you consider the figure above, then it is clear that in the first half of the cycle a woman loses a lot of Blood and fluid, after which she is rather dry. Then her body temperature begins to rise, and the Blood and Yin in her reproductive organs also increase but at a slower pace. At the sharpest rise of body temperature, ovulation will occur. From then on the emphasis is on the endometrium, which thickens with Blood vessels and Blood circulation and secretes mucus to help the fertilized ovum to travel and provides a damp, nutritious place for the ovum to embed itself.

The increased Blood circulation and dampness of the second part of the cycle also helps to maintain and even increase some warmth in the body, as the Yin fuels the Yang. But if this Yin and Blood does not continue to flourish, it would be impossible for the woman to remain healthily pregnant. So the heat is maintained by the Blood and Yin, and together they nurture the pregnancy. Just as Fire needs to fuel to burn, if the Blood and Yin reduce, the Fire of the Kidneys will diminish too.

Impotence

Erection requires heat and libido, and this is a Kidney Yang aspect. If the Kidney becomes Yang deficient, the reproductive system loses desire, ability and force. When the Kidney Yin is decreased, it loses endurance, stability and life essence.

As man is Yang dominant, early ageing in this case often begins with a deficiency of Yin, and manifests as symptoms such as loss of head hair, backache, high blood pressure and stress. Impotence at this age is also due to Kidney Yin deficiency. These men are also easily exhausted, irritable, sleep less and are poorly, and have many work-related worries.

The older man has more time, and is more settled at work and home, but he has lost Yin, Yang, Blood and Qi during his life and has problems achieving and maintaining an erection. The fact that his partner would be trying to cope with her menopause does not help either.

All in all, tonifying the Yin and Yang of the Kidneys is very helpful in the treatment of impotence. But it is also important to make time for rest and play. **It is easier to hold on to one's youth, but not so easy to win back youth if we lose it.** Kidney essence is difficult to build up again, but easier to retain. Patients often seem to believe that every part of the body should function at our will, no matter how we feel emotionally or how we abuse our energy. Impotence could be also an early signal for diseases such as diabetes or hypertension, and relevant investigations may be helpful.

Premature ejaculation

This is a condition of leakage from the Kidneys (Yin, Yang and Qi deficiency), where the Kidney cannot control the point of release. Again, it is quite successful to treat. When we treat any deficiency of the reproductive system, it is important to remember to use Tonification points and if necessary the Mother organ needs to be tonified too.

Box 13.1

The Mother Element of the Reproductive Kidney and Urinary Bladder is Earth. When tonifying the Kidney Yang, the Stomach (Yang organ) needs to be tonified; When tonifying the Kidney Yin, the Spleen (Yin organ) should be tonified. It is also necessary to use diet, colour and environmental energies to help to improve the energy and consolidate the effect of tonification.

Treatment

For impotence and infertility

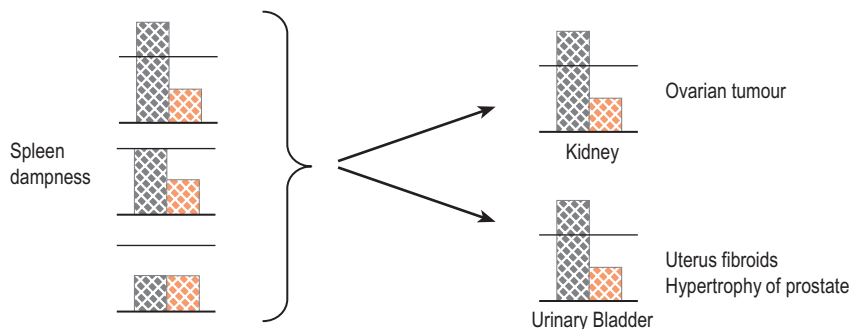
Points for both Yin and Yang Tonification of Kidney:

- Ren 3 – needle and moxa
- St 29
- Spleen 6 – Area Distal point
- K 3 (Earth point – tonifies Yang), alternate with K 7 – Tonification point
- UB 23, UB 28 – back-Shu points tonify Kidney, Urinary Bladder Yang
- UB 67 – moxa – Tonification point, tonifies Yang
- St 36 – Earth point (House-element point) tonifies Yang of Mother organ

Treatment sessions: minimum 3/weekly; 4/weekly would be ideal; 10 sessions per course.

The course can be repeated after three months. Warm and cooked food, including the feet of animals (chicken legs, pig's trotters) and fish (all kinds, especially small fish with bones), and keeping lower part of body warm will help.

Stagnation of dampness in the reproductive system leads to a tendency towards tumours and hypertrophy. **Ovarian tumour, fibromyoma of the uterus, hypertrophy of the prostate** are some examples. Ovarian tumour is associated with the Kidney, and both uterus fibroids and hypertrophy of the prostate are associated with the Urinary Bladder. The dampness, which is generated by the Spleen, attacks and stagnates at the reproductive organs because they have a Functional (Qi) deficiency. It therefore becomes necessary to treat both elements.



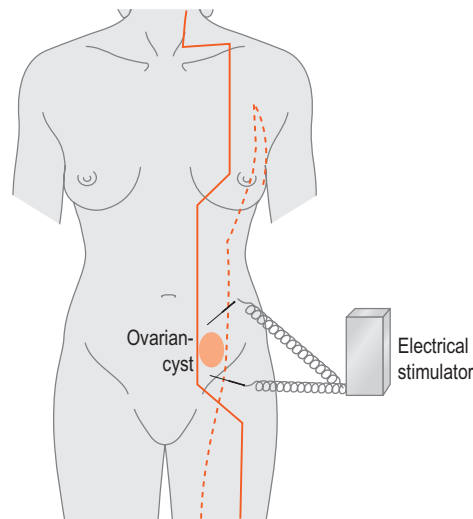
Ovarian cysts

Ovarian cysts, when not too large, are very effective to treat. The size of the ovarian cyst tends to vary during different periods of the menstrual cycle. Therefore, it is also sensitive to treatment, and responds quickly and favourably.

Treatment

Local treatment

- Small cysts (too small to be felt by abdominal palpation) – Ren 3 Moxa only
- Large cysts (a discernible lump on abdominal palpation) – Electro-stimulation



The diagram shows how two needles are connected to one outlet of the electrical stimulator. These two needles should be along one meridian (may be Stomach meridian in this case). If the cyst is larger, there can be two more needles on the second meridian (may be Spleen). They are stimulated continuously at 10 Hertz for 20 minutes.

- UB 28 (with first needle and then dry cupping), UB 23 (back-Shu points of Urinary Bladder, Kidney)
- Sp 6 – Area Distal Point
- UB 58 – Luo point (sedates Yin and tonifies Yang in Kidney and Urinary Bladder)
- St 40 – Luo point (circulates dampness in the Spleen)
- Ear – ovaries, Triple Warmer (used to circulate dampness), Kidney, Spleen

Two sessions/week for 14 sessions make up a course. Improvement continues after the treatment is stopped. Another course may be given two to three months later, if necessary.

Uterus fibroids and prostate hypertrophy

They are treated similarly, as the imbalance is the same and the local area is similar. Some points can be added or removed according to special symptoms (such as excessive uterine bleeding).

- Ren 3 moxa – Mu-front point of UB (mild moxa for two to three minutes, stop before skin changes to red colour)
- St 29 – Local point
- UB 23 and 28 – back-Shu points of Kidney and Urinary Bladder. UB 28 with needle then dry cupping
- Sp 6 – Area Distal point
- UB 58 – Luo point (sedates Yin and tonifies Yang)
- St 40 – Luo point (circulates dampness)
- UB 39 – Lower Sea point of Triple Warmer (circulates dampness)
- Ear – Uterus, Urinary Bladder, Triple Warmer, Spleen

In case of uterus fibroids with excessive bleeding, there may be Blood stagnation in the uterus either with or without damp stagnation. If so the following points can be added:

- Sp 1 Moxa only – Wood point and Grandmother point (tonifies Yang and helps Spleen to hold the Blood within vessels)
- Liv 5 – Luo point – used to tonify Liver Yin and sedate Yang (Yin of Liver stores Blood and Yang releases it)

Hypertrophy of the prostate with urinary problems

These are mainly slow urination with the rest remaining the in Bladder, and increased nocturnal urination.

Points to be added to the points above:

- K 3 – Earth point (tonifies Yang)
- Para-vertebral tapping of sacrum, in direction from L4 towards S4, about 1 cm lateral to the centre, until a red skin reaction is seen.
- Advise against drinking beer, coffee or tea in the evenings.

Post-menopausal syndrome

At the time of writing this book, hormone replacement therapy was receiving very bad press. I will give some suggestions about how to treat post- and peri-menopausal problems.

Nowadays, women lead very busy lives in comparison with the past. They work in very demanding jobs as well as running a household with a husband and children. When older, they try to continue working, looking after their older children and grandchildren, running two families instead of one. I admire them for their hard work and the love they have for their families. But many of them come to me in frustration and anger that they cannot work as much as they could before their menopause. I do not believe a tablet or skin patch will 'put them right' instantly but balancing their energies in natural ways will help enormously, and without side effects. Except in the case of women who are extremely malnourished and dehydrated, or those who have had an oophorectomy, the body will secrete the necessary hormones for our well-being. But when we take a pill 'to put it right', then we are inhibiting the body's coping mechanism.

When a woman is of a certain age, it is common to regard all her problems as 'menopausal'. If we take the trouble to question her more, we will find that many of

these symptoms would have been bothering her for much longer. It is important for the patient and doctor to realize that menopause is not a medical condition but a natural event and that, given the chance, the body will cope with it quite well.

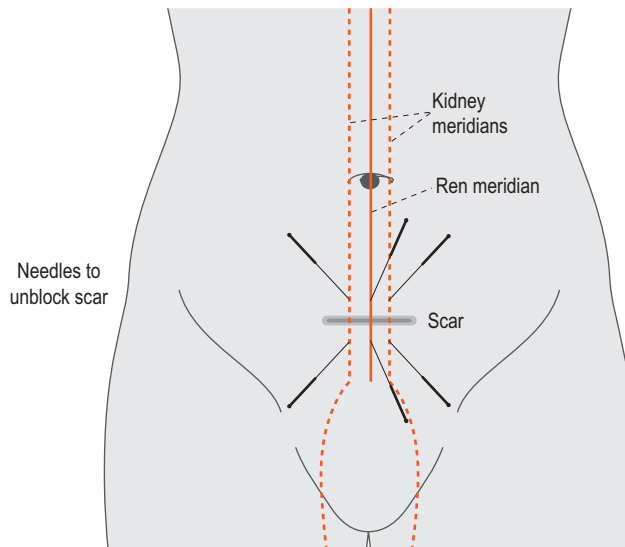
The main symptoms of menopause seem to be dryness and heat. The dryness is generalized, affecting the skin, head hair, nails, vagina and the urethra. The heat seems to come in flushes, and mainly to the upper part of the body – with sweating attacks. As the menopause begins with a decline in the female hormones, it is evident that the patient becomes Yin deficient – which makes her more dry in the lower part of the body where the reproductive system lies. When the Kidneys become Yin deficient, they are in a Yang dominant state and the Yang can rise higher from time to time. Heat – wherever it originates from – has a tendency to rise upwards to the upper warmer, increasing the heat in the Heart and Lung – hence the hot flushes and the sweating.

Night sweating is a special symptom of Yin deficiency. It is normal to sweat when we feel hot. But we also need water in order to sweat. When the Yin is deficient, there is less water for sweating. The Yin would be filled in a Yin situation – during night and during sleep, when there is also more water for the sweat. This is why nocturnal sweating is a symptom of Yin deficiency.

Treatment

The treatment for post-menopausal syndrome is to tonify Kidney Yin, descend the ascending heat back to the lower warmer, and to treat the other problems symptomatically. It is also necessary to give dietary advice to patients.*

- K 4 – Luo point (tonifies Yin and sedates Yang)
- UB 64 sedation – Yuan-source point (this sedates Yang) (this is optional, and can be used if the heat symptoms are very strong)
- Sp 6 – Descending technique (p. 434)
- Ren 3 – Mu-front of Urinary Bladder (tonifies Yin)



* If these women have lower abdominal scars due to caesarean section, hysterectomy or other surgery in the past, it is important to unblock the meridians that have been blocked. The Ren and Kidney meridian should be unblocked using two needles – one on either side of the scar – six in all for three meridians and one needle on point Ren 24 to bring the Yin to the head.

Symptomatic points

- Poor sleep – Du 20, Good Night (An Mian – Extra point)
- Night sweats – Lu 7 –Luo point (closes the skin pores)
- Anxiety, tachycardia – P 6, Ren 14, H 5
- **Advise against heat** – avoid coffee, red meat, spicy foods, take midday rest.
- **Against dryness** – drink plenty of water, eat watery fruits and clear soups, swim or bathe, sleep

13.1.4 Kidney governs Water metabolism

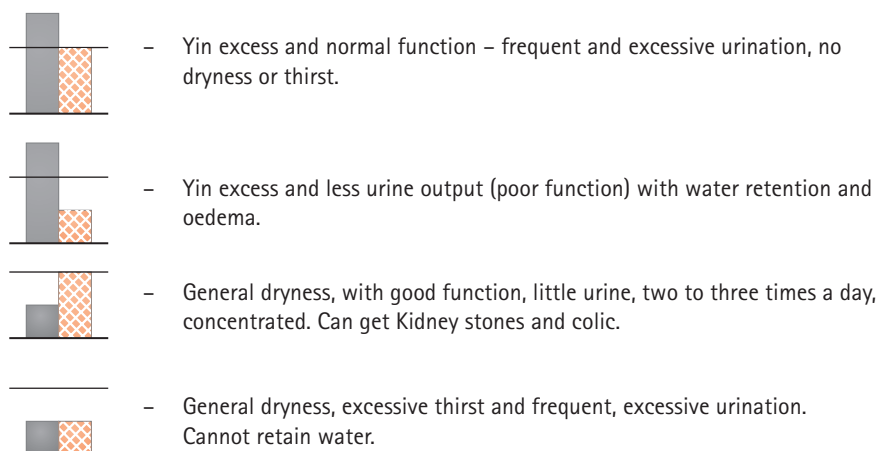
At all times, the quantity of Water in our body is equal to our Kidney Yin. Kidney Yang affects the distribution and elimination of this Water. Urination is an elimination of excess Water and toxins from the body.

The Kidney function (Qi) is to **decide correctly** how much Water should be stored in the body and how much should be eliminated.

If there is excessive urination, it is not necessarily a sign of excellent function of the Kidneys. Little concentrated urine is also not always a symptom of poor function of the Kidneys. The correct function of the Kidneys depends on the quantity of Water in the body.

For instance, if the weather turns cold and the Kidney Yin increases, if the function is good – the Kidney will send out more urine; if there is much water in the body and the Kidney function is poor, there would be less urination and water retention.

If the body is dry, a healthy Kidney will try to hold on to the water and the urine will be infrequent and concentrated. This may cause Kidney stones and consequent Kidney colic with rising Yang and haematuria; and if the body is dry and there is increased thirst, and the patient urinates excessively every time he or she has a drink – it indicates poor function of the Kidneys.

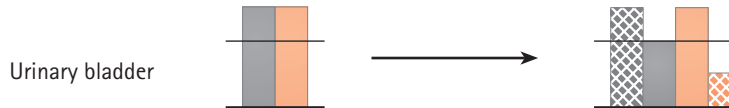
Kidney function

The **symptoms of the Urinary Bladder** are problems with holding and releasing urine, The Yin of the Bladder is its capacity and the quantity of urine it holds. The function is to decide when to open and when to close. For instance, opening

of the urethral sphincter before the person gets to a toilet and not to be able to open it after getting to the toilet both show poor function (Qi deficiency); to pass urine with a poor stream with some amount left in the Bladder after urination, and dribbling after urination is completed are Qi deficiency symptoms as well.

Urgency, increased frequency when nervous and burning urination are symptoms of excessive Yang or heat. Cystitis, prostatitis are symptoms of Yang excess.

Acute cystitis



In the acute phase, there is heat and inflammation, with stagnation of thick fluid. When sub-acute, this harmful Yang affects the functional Qi of the Urinary Bladder. The treatment should eliminate and cool the heat, while assisting the functional Qi:

- Ren 3 – Mu-front point (cools and calms organ)
- Sp 6 – Area Distal point for lower abdomen
- UB 63 Sedation – Xi-cleft point sedates excess during an acute situation
- UB 28 Bleeding cup (eliminates heat from internal organ)
- Ear: Urinary Bladder, urethra, adrenal gland (for inflammation) and Shenmen (for pain and tranquillization)
- Drink water, keep feet and lower part of body warm, rest

In the acute phase, one to two sessions of treatment per day. Symptoms should improve within one to two days, or antibiotics should be given.

Nervous bladder

This is a chronic state where the patient suffers from frequent, urgent and little urination, which worsens when they are nervous. Needless to say the patient is also very nervous. Symptoms are aggravated by Yang causes, such as after coffee or tea, less sleep, over-work etc.

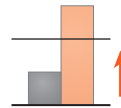
CLINICAL EXAMPLE: FEMALE, 23 YEARS

I saw this patient in a course with 20 medical students. The patient was also a student and her problem was that she passed urine two to three times per hour! She could not go on any journey if there was no toilet on board (for fear of an accident), if she went for a social get-together, she had to first find the toilet – and as long as she stayed near it she could relax. The problem had appeared and worsened in the time she had been a university student. The urologists had investigated her, and had suggested dilatation of the urethra. She was to have this procedure in two weeks. In the meantime, a friend who was attending our course had suggested that she try acupuncture.

I noticed that the patient was pale and tired. I asked her how much water she drank. She said that she only drank coffee and tea, more than 15 cups a day. She really needed these or she felt very tired. It was quite clear that her caffeine consumption had increased through the years in the university, and so had the nervous urination. I suggested to her that I might be able to help her if she would give up drinking coffee and tea for two weeks. She looked bewildered and said, 'But what should I drink instead?' Water, of course.

She agreed as it was only for two weeks. We treated her three times per week for the next two weeks, at the end of which she passed urine only five to six times in a day. At the end of the two weeks, we sat down and I explained to her how the Bladder becomes hyperactive and irritated by excessive caffeine and alcohol, and that had been her problem. She slowly took it in, and then asked if there was no compromise. I suggested that she could ration her drinks, one coffee and two teas per day, just when she needed them most. Now that her bladder was not a problem, she could do some sport – this would help her energy levels.

Nervous Bladder* – Urinary Bladder



* Nervous Bladder should not be confused with frequent night urination. The latter worsens at night and disturbs sleep and is a Kidney Yang deficiency symptom. Nervous Bladder is worse when the patient needs to go out or when they are excited. It is better at night when they are asleep.

Our treatment had been:

- Ren 3 – Mu-front point of Bladder (cools and calms the Bladder)
- Sp 6 – Area Distal point
- K 4 – Luo point of Kidney (tonifies Yin and sedates Yang)
- UB 40 – Earth point (Grandmother point of UB – tonifies Yin)
- Du 20, Liv 3 – Tranquillizing point and point against nervousness

13.1.5 Kidney makes marrow

Marrow is the substance of the bone (bone marrow) and the brain and nerves (brain or nerve marrow). This substance is associated with Kidney Yin. Symptoms such as fractures and caries in teeth, showing weakness of bone marrow (osteoporosis), and nerve atrophy, Alzheimer's disease, multiple sclerosis, showing reduction of nerve marrow – are examples of Kidney Yin deficiency; symptoms such as stiffness of joints and oedema in wet and cold weather, and hydrocephalus indicate Yin excess. Arthritis, osteo-arthritis, backache, neuralgia, paralysis are all problems of bone and nerve marrow.

Muscle and tendon are associated with the Liver, therefore a pain or problem relating only to muscles and tendons should be treated on the Liver meridian. Skeletal pain needs to be treated on the Kidney meridian. Pain in the joints should be treated on both the Kidney and Liver meridians.

Musculo-skeletal pain

To treat a musculo-skeletal pain in the best possible way, we need to ask the patient three questions:

- 1. Where is your pain?
- 2. How is your pain (describe the pain and factors that affect the pain)
- 3. Since how long have you had the pain?

The answer to the first question will tell you where to treat. If the pain is in one or two meridians, you should treat the meridians with the pain. If the pain is in the Urinary Bladder meridian or Stomach meridian, then this meridian should be needled. If the muscle or tendon hurts on this meridian, then point **GB 34** – the Influential point for muscle and tendon – must be given. If the pain is in a bone or cartilage, then **UB 11** – the Influential point for bone – is given. If the problem is in the joints, then both UB 11 and GB 34 could be used.

When the patient complains of pain in many joints (as in polyarthritis), then there is no point in asking them in which meridian they feel the pain. It is more helpful to find out which tissue is in pain. If pain is in many muscles and tendons (as in fibromyalgia) – we should treat it as an imbalance of the Liver; if the bones are painful in general (as in osteoporosis), then Kidneys should be balanced; if many joints are affected, then both Kidney and Liver ought to be balanced. The rule of thumb is given in the box below.

Box 13.2

One or two meridians affected → balance the meridian.
Many meridians affected → treat the organ.

The answer to the second question will tell you if it is a Yin or Yang dominant pain. In fact, the description of the pain would help us categorize the pain as one of **four types of pain**, and treat it according to its special character.

Table 13.5

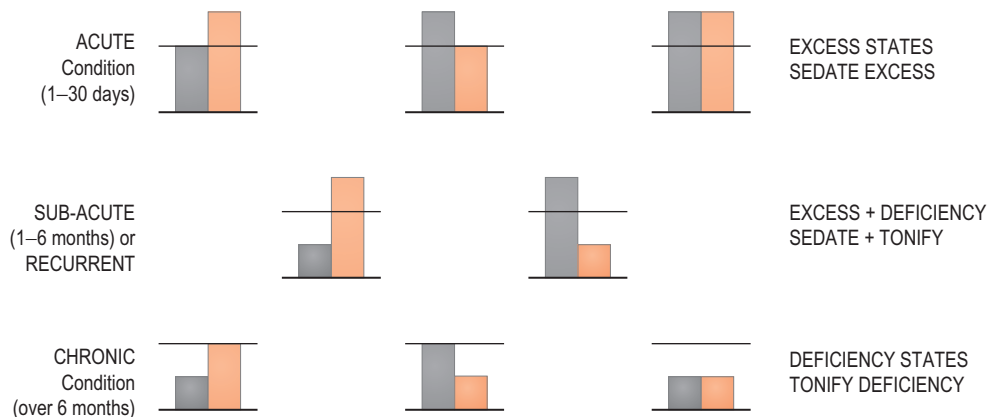
Hot pain	Cold pain	Fixed pain	Wind pain
Inflammation, hot, red and swollen joints, severe incapacitating pain, sharp and pulsating, radiating	Cold, worse in cold, deep and diffused. Constant muscle tension, joints feel tense and 'fixed' until warmed	Oedema, pressure pain Stiffness, limited mobility, fixed place of pain, numbness and heaviness of limbs	Wandering pain through all of body or within a limb, sudden severe episodes with pain free intervals. Nature of pain could change as well
Worse during activity, better with rest, feverishness	Worse during rest, and at night, better with movement Freezing easily	Worse at beginning of movement after rest, can be hot or cold	Can have either hot or cold character
Worse with longer activity, better with longer rest.	Worse with longer rest, takes 10–15 minutes to warm up and feel better	Worse after longer rest. Takes two to three hours after starting, for the pain and movement to improve	Worse on exposure to wind, or after sour food or alcohol

Table 13.5—cont'd

Hot pain	Cold pain	Fixed pain	Wind pain
Could improve in cool weather. Restless and irritable.	Worse in cold weather. Could improve in warm weather	Could worsen in damp weather and improve in dry weather. Also, refined sweets and fatty foods worsen the pain	Cold wind improves in warm weather; hot wind pains improve in cool weather. Wind pains worsen in spring
Treat locally with ice, short period of immobilization, rest, bleeding or electrical-stimulation	Treat locally with heat, moxa, hot needles, massage, exercise	Treat locally with cupping, salt poultice and moxa when there is no heat	Treat locally with Wind-elimination points with wind sedation in wind-heat and wind tonification in wind-cold
Few Local and many Distal points to draw energy away from local area	Many Local needles with few Distal points to bring energy to affected area	Local and Distal points with St 40 and Sp 9 against dampness	No point in intensive local treatment as pain wanders. Need to balance Liver

The answer to the third question will place the disease within a time frame – **acute, sub-acute/recurrent or chronic** – so we know if we should tonify, sedate or apply both tonification and sedation in order to balance the meridian or organ. If we are treating an acute pain of a Yang dominant nature, there is a Yang excess in the affected meridian or organ that should be sedated. But if the same type of pain has been there for over six months (chronic state), this would be a deficiency of Yin which must be tonified.

I have given simple pictures to illustrate these imbalanced states. Let us say that pains of heat and wind nature are Yang dominant, and both cold and damp pains are Yin dominant. Let us have a look at the **eight stages of imbalance between Yin and Yang** once again:



In these eight stages of imbalance, there are three Yang dominant stages and three Yin dominant ones, and two stages which are both Yin and Yang dominated. With the help of the first question we determine the meridian or organ we should be treating; with the description and causes for the pain we would already have diagnosed whether it was hot, cold, fixed or wind type – and would have chosen the appropriate local therapy for this. Now with the third question, we can decide the correct energy-balancing treatment for the meridian or organ.

CLINICAL EXAMPLE 1: ENERGY TREATMENT OF MUSCULO-SKELETAL PAIN

A 45-year old man comes in with an acute backache and sciatic pain. This pain started suddenly on lifting a heavy box off the floor a few days ago. The pain is mainly on the low back left buttock and radiates down the back of the thigh to the ankle. He cannot stand or walk with pain, but is comfortable when lying in a curled position. When standing, he leans forward and away from the side of the pain, in order to relieve it.*

* The patient was treated daily and the pain reduced each time after treatment. On the pain scale between 0 and 10, he indicated 10 at the start of the first session and 2 at the end of it; some pain returned, and at the beginning of the second session he gave it a score of 6, and 2 after the treatment. On the third day he walked well, could stand straight, and had needed no pain medication. He gave the pain a score of 4 at the start and ½ at the end of the third session. The treatment was then given twice in a week. After five sessions in all, he was completely free of pain.

Diagnosis

Urinary Bladder Meridian hot pain



The patient suffers from an acute, Yang dominant pain on the UB meridian. There is a Yang Excess situation in the meridian which should be sedated.

Treatment

- **Four** local pain points **UB 24, 27, 54, GB 30** with electrical stimulation (5–10 Hertz, continuous frequency, 20 minutes)
- **UB 63** sedation (Xi-cleft point)
- **SI 7** sedation at the end when local needles have been removed (one-point therapy)
- **UB 40** – Distal point for the back
- Ear acupuncture – sciatic nerve, Kidney, Shenmen

In this case the patient was given four local needles – but all of them were continuously agitated through electrical stimulation. This amounts to steadily vibrating the needles for 20 minutes, similar to the hand technique of needle sedation. All other needles used were Distal points to the affected area, especially point SI 7, which was the most Distal point as it was on the arm meridian of the same polarity as Urinary Bladder. Also, two Distal and four Local points were all sedated, to disperse the excess energy away in this excess situation.

CLINICAL EXAMPLE 2: ENERGY TREATMENT OF MUSCULO-SKELETAL PAIN

A woman aged 52 came in with chronic backache for eight years. She was not able to do housework for more than half an hour as her low back ache would rapidly increase to the point when the pain went down both her legs, making them feel weak. The pain would disappear within 10 minutes if she sat down – and then she could stand up once more to continue her work. She took a folding stool with her when she went out. She had been quite slim in the past, but now she was gaining weight because of the lack of exercise. She had been treated with painkillers, anti-depressants and had two epidural injections at the hospital, but the pain was gradually worsening. The last two years had been particularly bad.

Diagnosis

Chronic hot pain on Urinary Bladder Meridian; Urinary Bladder and Kidney.



The patient had a Yang dominant pain, as it was worse on standing and walking (Yang) and improved when sitting and resting (Yin). But it was a chronic backache with an eight-year history, and seemed to have worsened in the post-menopausal period. The treatment therefore was to treat the hot pain locally, and to tonify the Yin of the Urinary Bladder meridian and to tonify her Kidney Yin, which seemed to be deficient during the menopause.

Treatment

- Four Local needles (two on either side of the low back) with electrical stimulation
- UB 40 – Distal point and Earth point (Grandmother point – tonifies Yin)
- K 7 – Tonification point (tonifies mostly Yin in Kidneys, and indirectly, also in the Urinary Bladder)
- Ren 3 – Mu-front point of UB (can be used to tonify Yin)

The patient was advised to do some light abdominal exercises on the bed, to bend each knee and bring it up towards her chest a few times. She was also asked to drink more water, and to reduce the medication with the reduction of pain. She was treated twice a week until we noticed some improvement, and then once weekly.

There was no significant change in the pain for about two weeks (four treatments), and then she felt better and stronger in the back and legs. Each time we gradually reduced the pain medication, she had some worsening of the pain, but adapted well. After the once-weekly treatment for 10 weeks, she was treated fortnightly for a month before we ended the treatment. She continues doing the abdominal exercises, and takes short walks regularly and care not to exert herself too much.

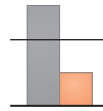
CLINICAL EXAMPLE 3: ENERGY TREATMENT OF MUSCULO-SKELETAL PAIN

An elderly man came with shoulder pain* along the right Small Intestine meridian mainly at the scapula and on point TW 14. If he sat or lay back on these areas, the pain increased and he would also feel the pain down to the back of elbow and to the dorsum of wrist. He had a feeling that his wrist was swollen and blocked; he could not extend it well. He had had the pain for the past six weeks, and felt it was gradually worsening and affecting his sleep and relaxation.

* I have seen this pain pattern in many elderly patients. If it is present in the left shoulder and scapula, and could be mistaken for angina pectoris. Yet, it is very simple to treat without medication.

Diagnosis

Damp pain on Small Intestine and Triple Warmer meridians.



The patient had mainly a pressure pain (worse when patient rested on the area of the pain) which indicated that there was some fluid underneath. He also felt that his wrist was swollen, although there was no visible oedema. He could lie on the other shoulder without pain, which meant it was not worse during rest but only with pressure. The radiation of pain was only present when he put weight on the scapula. So dampness was the cause and nature of the pain, which is a Yin dominant state. And, since it was about six weeks since he started feeling the pain, it was a sub-acute state, which means that there was an excess and deficiency at the same meridian. As the Yin was in excess, the Yang had to be deficient.

Treatment

- Points TW 14, SI 11, 10, 9 and 2 Ah-shi points along the Small Intestine meridian
- SI 7, TW 5 – both Luo points that sedate Yin and tonify Yang on their meridians
- St 40 – also Luo point and Symptomatic point to circulate dampness
- After the Local needles were removed, four dry cups were placed at the scapula and TW 14

The patient was treated three times in one week; the pain disappeared in the first session, but the treatment was repeated to consolidate the results.

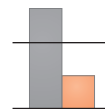
CLINICAL EXAMPLE 4: ENERGY TREATMENT OF MUSCULO-SKELETAL PAIN

A male patient, 37 years, came with a chronic low backache of over six years' duration. I had treated him four years back, and he had been free of pain until recently. He had had the pain for more than a year this time.

The pain was exactly in the middle on the Du meridian, at the level of L4–S2, and he experienced it only in bed, about two hours after lying down (in any position). He was then very uncomfortable in bed, and even tried getting up and walking around, which seemed to help. He was also very stiff and had a great deal of pain in the mornings on getting up. He felt better within an hour with movement. He could not put on his socks and shoes in the morning, but had no problem later on in the day. His work required long hours of sitting at his desk and in his car.

Diagnosis

Du meridian damp-cold pain.



The pain was worse during and after taking rest. There was morning stiffness and limited mobility, which improved as the day went on. Cold pain worsens while resting and improves within a short time of movement that is required for warming up. Damp pain is due to stagnation of fluid, it is worse after long periods of

passivity and needs a longer time of movement to improve the circulation of the fluid. Since the patient's pain had both aspects, it was a damp-cold pain. As a chronic cold pain, the Yang is deficient – as all chronic situations are primarily deficient states. As a damp pain, there is stagnation of body fluid – this means that the fluid in this particular area is more than at the other places.

Treatment

- Warm the cold and circulate the dampness
- Six hot needles, two on the Du meridian and two on either sides on the Hua Tuo points (Ex 21)
- Cupping after the needling, on the same area for 10 minutes
- SI 3 – Confluent point of Du meridian, to tonify its Yang
- St 40 – for circulation of body fluid
- Du 1 – Luo connecting point of Du meridian (connects it with Ren, the coupled meridian. Tonifies Yang and sedates Yin)

Treatment was given twice weekly, but it was not before eight sessions that the pain showed improvement.

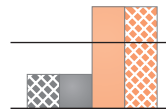
The sessions were then reduced to once weekly, and continued for another eight weeks.

CLINICAL EXAMPLE 5: ENERGY TREATMENT OF MUSCULO-SKELETAL PAIN

The patient was a 65-year-old retired man who did many DIY projects at home and kept busy. He had 'pulled a muscle' and had pain on the neck and shoulders, usually on one side at a time, the pain changing sides nearly daily. He was angry and frustrated because this was making him sit at home doing nothing. He had had the pain for over two years, but it only bothered him occasionally. There were weeks when he was free of pain. His muscles were quite small and tense, and he had rather pale, dry and wrinkly skin. He was a nervous little man with some nervous twitching of the neck. In his words, the pain was much better if he did not do any heavy jobs for one day – but it returned if he worked. True, his tools were quite primitive and not labour-saving, but he was not prepared to buy any, so could I put him right that he could get on with his work?

Diagnosis

Liver Blood and Yin deficiency wind-heat pain.



This was clearly an 'over-use' syndrome, and a muscular pain in a large area involving many meridians – so it was better to treat the organ Liver for muscle. The pain was changing sites, between left and right side or between neck, shoulder and arm. This is a typical wind character. It was a hot pain, as it appeared only during physical work and it was an intermittent pain, with pain-free intervals. Therefore, I diagnosed it as a recurrent wind-heat pain. The patient was quite pale, nervous and irritable with small and tense muscles – these signs show that there is Blood deficiency and that the muscles have less endurance. Prolonged physical work can

strain these muscles. When he over-strains the muscles, they get heat and wind, and he gets tired and irritable, and does not understand why his body does not comply as it did when he was 40 years old!

Treatment

We first advised him on his diet and eating habits. Instead of cornflakes in the morning, a sandwich for lunch and a cooked dinner, he was advised to eat a cooked breakfast and a substantial lunch, so that he had some energy for his work. He was to avoid sour foods and wines for a while. I also suggested a herbal iron syrup.

Points

- Electrical stimulation on any severe local pain
- GB 20 and SI 12 with wind-elimination sedation technique (these being the Wind-elimination points in this area)
 - *Liv 5 Luo point (tonifies Yin and sedates Yang)
 - *K 7 Tonification point (I used this point to tonify the Mother of Liver)
 - *Sp 6 – meeting point of the three Yin of the leg and Distal point for lower warmer, this point helps to descend the heat because the heat ascends to the upper warmer.
 - Du 20 as a tranquillizing point
 - Ren 14, UB 15 and UB 17 are for Blood building

As he could not afford many treatments, I treated him once weekly for four sessions and then fortnightly for another four sessions. There was quite a subtle change in him during these three months – he became calmer and more tranquil; not every chore had to be completed yesterday but could wait; he slept better and woke up refreshed. He mentioned that his muscles seemed suppler and he did feel that he was not straining them when working. He had noticed, however, that when he ate tomatoes the pains could come on. I still see him once or twice in a year when he comes with pains, but he feels better after just one treatment session.

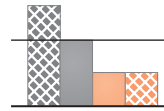
CLINICAL EXAMPLE 6: ENERGY TREATMENT OF MUSCULO-SKELETAL PAIN

A woman, aged 54, came to me with pains in nearly every joint of the body. The pains started two to three months ago. All the pains were worse in the early hours of the morning, and she felt so uncomfortable in bed that she had to get up. When she did, she was stiff everywhere, could not bend or move her neck, her feet were too stiff to walk properly, and her fingers had no gripping power. The severe pain improved around midday, and then she felt more supple as the day went on. She was swollen in her face, lower arm and leg and felt heavy and lethargic; the pains were worse in wet weather and very much better in dry weather. She was a housewife with a large family, and housework was becoming increasingly difficult; she found herself delegating more and more tasks to her family. She stopped menstruating two years ago; she had not suffered badly with hot flushes, but had put on about 13.5 kg (30 lb) in weight since then. She had pitting oedema on her lower legs and her face and forearm were oedematous as well. She walked rather clumsily as if her ankles would not bend. Her face was quite swollen. She weighed 95 kg and was 1.65 m in height.

* These points were alternated each treatment session, to reduce the number of needles.

Diagnosis

Spleen damp-cold pain.



Spleen stores nutrition for the body and circulates fluid in the periphery. The patient had put on a substantial amount of weight in the past two years (Yin excess) and had oedema mainly in the lower arms and legs and her face (damp stagnation). These two symptoms are sufficient to make the diagnosis of damp stagnation in the Spleen.

The pain was generalized in many joints, so we needed to treat it as a problem of the Kidney and Liver. The nature of the pain was fixed – not wandering – with pains when starting to move from rest and requiring two to three hours of movement to improve. This is a damp pain because it takes a long time and more movement to circulate fluid; it is also a cold pain, as it worsens during rest, while in bed in the early hours of the morning. The treatment should be to eliminate and circulate dampness and warm the joints.

Treatment

It was impossible to treat such a generalized pain with Local points. So general treatment for dampness was considered.

- **Sp 9 sedation and St 40** – Diuretic point and Luo point (these are the best points to treat generalized dampness – they eliminate and circulate dampness).
- **UB 20 needle and cupping** – back-Shu point of Spleen (improves function and the cupping is to remove dampness from the internal organ, Spleen)
- **UB 58 and GB 37** – Luo points used to tonify Yang and sedate Yin in Kidney and Liver
- **Ren 5 and 9 needle and cupping** was given only in the initial three sessions. (Ren 5 is the Mu-front point of Triple Warmer. This combination of points are given in general oedema and are very effective)
- Avoid fatty and milk foods, no refined sugars or carbohydrates, less salt in order to increase urination

She was treated three times in the first week, and then twice weekly for a further two weeks. Her symptoms improved within the first week down to 50%. She was much better in the third week. Further treatment, once monthly, was given for six months, during which time she also lost 15 pounds in weight and was her normal self again.

Yin and Yang combined states

As I have shown you so far, the treatment of musculo-skeletal pain is chosen according to the differential diagnosis made based on the answers to three questions (p. 356) and examination procedures such as observation and palpation of pulse. A clear diagnosis leads the way to a good energy-balancing treatment. When the symptoms are difficult to diagnose, or the patient is not aware of their symptoms we could end up providing poor treatment that does not give satisfactory results.

But, we should always try to be open minded and find the actual imbalance of the problem – if not at the first consultation, may be in the second or third session of treatment.

The last category in musculo-skeletal pain that I wish to discuss is a combination of Yin and Yang dominant states. Generally, we should see either one in dominance – but have we not all had patients who feel pain all the time? Or patients with pain during rest *and* during activity? What could be the imbalance in these cases?

There could be two possibilities:

1. Both Yin and Yang are in excess.
2. Both Yin and Yang are deficient.

Yin and Yang excess

As in the case of all excess symptoms, this would be an acute state, with recent onset. An acute illness is a mixture of the pathogenic and the anti-pathogenic factors, between action and reaction. For instance, if there was an injury or inflammation – the Yang would increase. A healthy Yin would increase to fight the Yang and to protect the body. The pain that the patient experiences in this situation would be both during activity and in rest. This would be an excess situation for both Yin and Yang for a short period of time – and then one of these two energies would win the battle and one of them would decrease. This then becomes the sub-acute state, where the pain would show dominance of either Yin or Yang.

If the patient was exposed to cold, this could cause Yin excess, especially in the Kidney or Urinary Bladder related meridians. A healthy Yang in the Kidney or Bladder would increase to oppose the Yin dominance. This could cause a stiff and incapacitating backache, with Yin and Yang simultaneously in excess.

This 'both in excess' situation could be treated either by sedating only the causative factor, which would in turn bring the other down, or when it is not clear which increased first, then both could be sedated.

Example

A patient has acute backache after cold exposure. He is stiff – it hurts to move and to be still. He is cold in the back, and heat is comfortable, but it does not lessen the pain.

Treatment

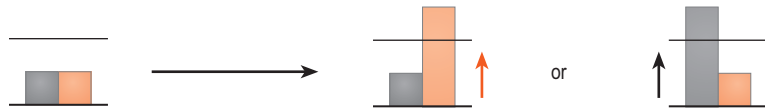
- Local hot needles (many)
- Sedate K 5 – Xi-cleft point (used to sedate in acute states)
- You could add (when cause not clear) UB 63 – Xi-cleft point sedation
- UB 40 – Area Distal point

Yin and Yang deficiency

The two main differences between the excess and deficient states of both Yin and Yang are:

- Excess state is recent (acute) and deficient state is chronic (over six months).
- In the excess state – both are simultaneously in excess, so you will see symptoms of damp or cold and heat, shivering and fever, and chilblains together.

In deficiency, both are weak and cannot control the other. So, one can rise at one time, and the other can dominate another time.



This would mean that if the patient stands for 10 minutes, the pain will worsen; if he sits for 15 minutes it is painful too, so he has to stand; lying down for more than two hours is very painful, so he has to get up in the middle of the night and walk around, or take painkillers before going to bed. But walking for any length of time makes the pain very bad, so he does not go out of the house. The back feels weak and stiff, and the pain could be sometimes dull, and sometimes sharp and radiating. This is how the patient would describe the pain. The pain seems to be sometimes Yang and sometimes Yin dominant in character – and it has a chronic history.

Treatment

- Use more Local needles with superficial insertion at the early treatments and gradually increasing the depth in consecutive sessions
- Tonify the Yin and Yang of meridian, first using Mu and Shu points only. In the third or fourth session these could be substituted by Tonification points of both Yin and Yang meridians.
- Use moxa with cigar, but only to mildly warm the area and not allowing skin colour to change.
- Advise very moderate back and abdominal exercises while lying in bed.

CLINICAL EXAMPLE: MALE, 47

This patient came to me with a constant low backache of over three years' duration. He always had had back problems, but in the last three years it had worsened to the point that he had to stop working (he had been a plumber), and was now a house husband. He was thin and bent over slightly, with a permanent look of agony on his face. He felt his back was very weak and vulnerable, and had had quite a few epidural injections in the pain clinic, with the pain returning within days after some of these. He was afraid of surgery, and was taking many pain medications, and suffered abdominal pains due to this.

I treated the patient with many Local points, starting with shallow insertion and gradually increasing the depth of needles, Ren 3, UB 28 (Mu and Shu points of Urinary Bladder) for three sessions and later K 7, UB 67 (Tonification points) and UB 40 as Distal point. I also gave him points H 9, SI 3 and P 6 as points against depression. The treatment was given twice weekly, and he came by taxi each time, a luxury he could ill afford, but he could not drive or use public transport because of the pain. There was no improvement at all in this time, and after 12 sessions we decided to stop treatment.

After three months, he phoned to tell me that the pain had started gradually diminishing and had completely gone. He was very pleased that he had continued the treatment sessions for the period he did, even though there had been no improvement during that time. Since then, I have treated every one of my patients with chronic Yin and Yang deficiency backache for 12 sessions, whether or not they improve during the treatment time. Generally, the patients will not come for treatment if there is no improvement within four to five sessions. I tell them at the initial consultation that the pain relief could come after 12 sessions have been completed, so they may be willing to continue.

It has been my experience that **acute pains** need frequent treatment sessions within a short span of time:

- One to two times daily at the start
- Then three sessions weekly (until pain is 90% better), as excesses take a short time to be dispersed

Conversely, **chronic states** require less frequent sessions and longer periods of treatment:

- Twice weekly at the beginning
- After 50% improvement change to once weekly
- Stop gradually by increasing the intervals between the sessions
- In very deficient states – maintain with once monthly sessions for a few months

13.1.6 Kidney opens to ear, sensitivity – hearing

Every Element is associated with a sensory organ, and Kidney opens to the Ear. In the Western medicine context this sounds quite illogical. But, in TCM, Kidney is related to physical activity (just as the Heart is related to mental activity), and over-tiring the body may result in tinnitus. Kidney relates to bones, and otosclerosis in the ear could cause conductive hearing loss, and cold exposure could cause middle ear infection. When children are born deaf, they are born with Kidney Yang and Qi deficiency.

Sensitivity to hearing is a Yang activity and function, and problems with hearing would be symptoms of Kidney deficiency. If all sounds heard are low in volume, this would be nerve deafness – a Qi deficiency symptom. This is either congenital or occurs in children with frequent ear infections causing glue ears (fluid in middle ear), or in the elderly with weakening of the nervous system. But, if there is a partial hearing loss, missing out certain frequencies of sound altogether (bone deafness), this is more likely to be a Yin deficiency symptom. This occurs in adult life after chronic exposure to noise or in otosclerosis.

In my student days in China, I worked in a deaf and mute children's school for six weeks with a medical team treating the children. We treated every child in that school to study the response to acupuncture. After two weeks, one girl who had been sleeping in the room and had been quite deaf in the past was awakened by noise of playing children in the next room, and came out to shout at them for disturbing her! Another child kept pointing at the radio, which was on but was not near her! I will never forget the look in the faces of the teachers! After we left this school we went back after three months, and the children presented a concert where they sang and danced for us. They sang in unearthly voices and the flattest of tunes, but to this day, this was the best concert I have ever attended in my life!

The treatment for deafness is mainly with Local points:*

- TW 17, SI 19 (these points are given deep with the patient opening his or her mouth wide, and stimulated to create a strong needle sensation, then pulled up slightly, so the patient can close the mouth. The needles are left in for 20 minutes.




* Having lived in England for the past 20 years, I find that children in the West have more problems accepting needles than those in Asia. I have used laser in Western children with good results. We come to a compromise that I will needle only two points each time, with the rest given with laser. This is because I feel that needling is still superior to laser.

- GB 20 – The most important point in the head, especially for sensory organ problem.
- TW 5 – as an additional meridian Distal point, as the Triple Warmer meridian circles the ear
- LI 4 – Area Distal point
- St 40 – as a damp Circulating point is added if the child has 'glue ears' or mucus-related problems of the nose and throat.
- Du 15 – this is a dangerous point at the nape of the neck, but is invaluable in the treatment of congenital deaf-mutism, and was discovered during the time of the Cultural Revolution in the 1960s in China

I have seen many patients with tinnitus in these years – my rate of success in these cases has been 50–60%. Many of them improved, but not all were fully cured of their tinnitus. I have not been able to predict the results beforehand either. Sometimes, a tinnitus of 10 years' duration can disappear with one – yes, one! – treatment; sometimes an acute tinnitus will not improve at all. As a result, I treat every patient with tinnitus for 12–14 sessions anyway, and tell him or her that there is a 50:50 chance of a cure.

According to my experience, there are two main types and a third possible type of tinnitus (Table 13.6).

Table 13.6

Kidney Yin deficiency 	Liver Yang excess and Wind 	Dampness in Lung 
<ul style="list-style-type: none"> ■ Constant tinnitus, could be like a 'TV hiss', or running Water, or pulsing ■ Does not affect hearing, patient could miss high frequency sounds such as the ringing of the phone ■ Tinnitus is worse in evenings and nights, and does not disturb sleep ■ Starts gradually with over-work and lack of rest ■ Patient could have backache, loss of head hair, and be easily exhausted 	<ul style="list-style-type: none"> ■ Intermittent tinnitus, like a high, piercing whistle, makes the person very nervous and aggressive ■ Affects hearing when present, hearing normal when tinnitus is absent. ■ Tinnitus comes on at times of stress, usually good at nights and in bed ■ Starts suddenly with stress and tension ■ Patient could be tensed, nervous and aggressive, with hypertension and migraine-type headache, loud-voiced and red faced 	<ul style="list-style-type: none"> ■ Intermittent muffled sound as if one is hearing through an ear plug, feeling as if ear is blocked before tinnitus appears ■ Hearing and other senses (smell, taste, etc.) are dull ■ Tinnitus worse in the mornings on waking and if nose is blocked ■ Starts on and off with chronic recurrent nose, sinus and throat problems. ■ Patient could have oedema on face or eyelids, nasal voiced, and mucus conditions of respiratory system
Treatment		
<ul style="list-style-type: none"> ■ TW 17, SI 19 – Local ■ LI 4, TW 5 – Distal ■ GB 8, 20 – Symptomatic ■ K 7 (may be also Lu 7) ■ Tonify Kidney Yin ■ Treat 2/week, then 1/week 	<ul style="list-style-type: none"> ■ TW 17, SI 19 – Local ■ LI 4, TW 5 – Distal ■ GB 8 – Symptomatic ■ Du 20 – Tranquillizing ■ Sp 6 – descending technique ■ GB 20, Liv 2 – wind sedation ■ GB 38 sedation – to sedate Liver Yang indirectly ■ Treat 2/week 	<ul style="list-style-type: none"> ■ TW 17, SI 19, LI 20, SI 17 ■ Local ■ LI 4, TW 5 – Distal ■ GB 20, St 40 –symptomatic ■ UB 23, UB 58 – Shu of Kidney and Luo of Urinary Bladder ■ This is also suitable for deafness following glue-ear. ■ Treat 1/week

13.1.7 Kidney nourishes head hair

A good head of hair is a sign of vitality, and when the Kidney Energy decreases, the hair follows. The body hair is nourished by the Lung and should not be confused with head hair.

It is normal to lose some hair during the change of seasons, especially as the weather becomes drier. But this is relatively little, compared with the hair we regenerate. But if a person is going through a period of over-work, poor sleep, breast-feeding a baby or in menopause – situations that drain our Vital Essence – they could lose hair at an alarming rate. The hair could also become thin, brittle and dry. This is because the Kidney Yin is deficient, and storage of nutrients is poor (Spleen Blood deficiency), or because of Liver Blood deficiency. Improved nutrition and tonifying Kidney Yin and Liver Blood will stop hair loss instantly.

However, if one is losing hair from just one part of head – the temples and the vertex are quite common areas – this may be a symptom of excessive heat and dryness in this area only.

The four areas of the head

Table 13.7		
Front	Stomach	Large Intestine
Vertex	Liver	Pericardium
Side	Gall Bladder	Triple Warmer
Occiput	Urinary Bladder	Small Intestine

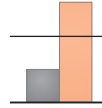
We have already discussed the four regions of the head in the section on headaches (p. 410). Associating these areas with different organs is also useful in problems of head hair and diseases of the scalp.

Hair loss from the vertex

Table 13.8		
Local treatment	When there is some hair: <ul style="list-style-type: none">■ 4 local subcutaneous needles in the area, with continuous electrical stimulation (10Hertz; 20min)■ 2 sessions/week	When the patient is completely bald: plum-blossom needle tapping in the entire area to cause bleeding, done daily up to 14 days, until small hairs appear. Then electrical stimulation

- K 7 – to tonify Kidney Yin
- Treat Liver imbalance – Liv 5 Luo point with GB 40 sedation (Yuan-source point)

Fire-heat in Liver area of head



- Advise against consumption of alcohol and excessive red meat, coffee and other foods that would increase body heat
- Lu 7 – Luo point (tonifies Yin and sedates Yang) – this point helps as scalp is a part of the skin, and tonifying the Yin of Lung would tonify Yin of the skin

Healthy looking hair

The appearance of head hair – whether it is bouncy and shiny, or limp and dull, is dependent on the Kidney Yang and Qi. Nowadays, we depend on many cosmetic products to achieve this look, and they actually make the hair worse over a period of time. But what seems to matter is the short-term boost – not long-term vitality. Hair is full of life in a person who has a healthy sex life, although a man who indulges in excessive sex, and wastes his Kidney Yin (Jing Essence), could lose hair. Regular and moderate physical exercise also keeps the hair shiny and glowing. If Kidney Yang is deficient, hair seems to go limp and dull.

Premature greying of hair

Premature greying of head hair, is a sign of Kidney Yang deficiency. I have been asked, what is premature greying? Well, one grey hair before 35 in a woman or 40 in a man! It has been observed that people could become grey in a day, when subjected to great fear or worry. If one feels trapped in a situation that creates fear or worry, and can do nothing to escape from it, this can suppress the Kidney Yang and cause greying of hair. A simple but effective way to change the hair colour back to normal – yes, back to normal colour! – is to do head stands for 10 minutes a day. Maybe this is not an ideal position for every one, but one can lie on a bed and bring the head below the bed level, holding this position for 10 minutes. The idea is to send the Blood to the head. Over a short period of time (within days), the hair colour will change back to normal.

Grey hair usually occurs in certain areas of the head – the sides of the head are commonly affected. This is because the Yang in these areas is weaker than the rest of the head, or there is a damp stagnation in the meridians. It helps to treat the meridian. For instance, if the sides are very grey, you could use point GB 37 (Luo point) or TW 3, the Tonification point, to remove stagnation and tonify Yang in this area.


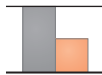
13.1.8 Associated emotion – fear

I was once asked at a lecture, if the Five Elements had no good emotions – joy is the only positive emotion, all the rest are so negative. Why is that? Well, I ask you, what is a good emotion? Is fear a bad emotion? Would humankind have evolved so far into history if we did not feel fear and learnt to protect ourselves from the dangers in life? We would have been extinct long ago.

I believe every emotion is healthy and has a purpose in our life, as long as it warns us to take care but does not make us abnormally hyperactive or paralytically passive. Fear, when it becomes a problem, stems from Kidney imbalance – usually deficiency. Depending on which aspect of the Kidneys is deficient, fear manifests differently.

Kidney Yin deficiency is a Yang dominant state. The patient has Yang symptoms when in fear. These symptoms could manifest in the Kidney and Urinary Bladder directly, or they could attack other weak and vulnerable organs – causing other symptoms. If the symptoms are manifesting in organs other than Water element, it is necessary to treat both elements.

Kidney Yang deficiency is a Yin dominant state. The patient shows passive fear or phobia, which limits their activity. If they are afraid of flights, they will not fly; if they are fearful of the dark they will not venture out in the dark. This fear again could manifest in symptoms of organs not related to Water Element – in which case both Elements must be treated.

Table 13.9	
Active fear – Kidney	Passive fear – Kidney
	
Fear will not stop them from doing anything. But they could be very tense and suffer symptoms of over-activity of the sympathetic nerve system: tension tachycardia, nervous urination, restlessness and turning red, hyperventilation	Fear will stop them from attempting any activity that causes the fear, or being in a situation that frightens them. If they are forced to do so, they could faint, pass urine, feel the legs 'turn to jelly' and become pale
Treatment	
<ul style="list-style-type: none">■ Du 20, P 6 and other Tranquillizing point■ K 7, Sp 6, Ren 3 – tonify Yin■ Treat the symptomatic organ	<ul style="list-style-type: none">■ UB 23, K 3, UB 67 – tonify Yang■ Tonify Yang of symptomatic organ■ Exposure to situation of fear

Treatment of fear is three-fold:

1. Tonify the Kidney deficiency.
2. Treat the organ that manifests symptoms at the time of fear.
3. Treat the organ associated with the object of fear.

I explain this further below.

Tonify Kidney deficiency

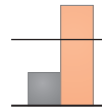
- If the fear makes the patient more passive, tonify Kidney Yang.
- If the fear makes them tense and nervous, but they go through the activity and suffer the symptoms anyway, tonify Kidney Yin.
- If they are in fear all the time, not for special situations only, then tonify both Kidney Yin and Yang.

Treat the organ manifesting symptoms during fear

- UB – Frequent, urgent urination – Ren 3, UB 40, Sp 6 and K 4
- LI – Nervous diarrhoea – St 25, Lu 7, LI 5 and H 5
- H – Tachycardia – Ren 14, p 6, H 5, and K 7
- Lu – Hyperventilation – Lu 1, Ren 17, P 6 and Lu 7
- St – Vomiting or ‘butterflies in the stomach’ – Ren 12, P 6, Sp 21, St 43

All these points treat a hyperactive Yang in these organs

Hyperactive yang

*Treat the organ associated with the object of the fear*

What is the person afraid of? This opens another imbalance, perhaps in the Kidneys, or in another organ. This needs to be treated as well.

A list of common fears and possible imbalances with treatment is given in Table 13.10.

Table 13.10			
Darkness, Water	K		UB 23, K 3, UB 67
Confined spaces (lift, traffic jam, underground)	Lu		LI 2 sedation, Lu 1, Lu 7
Open spaces	Lu		UB 13, LI 11, Lu 10
Insects (crawling insects)	Lu		Lu 1, Lu 9, Ren 17
Aggression	Liv		UB 18, GB 43, Liv 4
Illness, death	K		K 7, UB 23, UB 67
Authority	Lu		UB 13, LI 11, LU 10
Losing an opportunity	H		Du 20, Ren 14, H 5
Paranoid, suspicious	Sp		UB 20, Sp 1, St 36, Ren 12 moxa

13.1.9 Energy-giving colours – blue and black

These are the colours of the sky and the sea, a very large part of nature. Blue is a cooling colour and the dark black of the sky is a very relaxing colour. Work suits are generally of these colours, so these conform with what working people wear – I may not trust my financial adviser if they sat before me in a yellow and pink suit to tell me how to invest my money. Doctors seem to prefer these colours too, as many medical publications and books for doctors have blue covers, so this must have been the colour which is most attractive to them. Although the deeper, darker shades are more relaxing, shiny black is an erotic colour; metallic blue and silver are colours of fashionable establishments and cars. The clear sky blue on a sunny day can make us want to spend every minute of it outdoors.

Grey or blue colour on the face, under the eyes, on the tongue – is a sign for some type of Kidney deficiency, and other factors determine the nature of the deficiency. Just as liking and disliking colours give us an idea about their excess and deficiency states, we could use colours to bring energies to a deficiency situation. For instance, a child who has night terrors, wakes up screaming, bites and attacks the mother who tries to pacify, will sleep much better with a blue night-light close to the floor. A man with a high-powered job and hypertension and who feels hot – will receive constant Kidney Yin tonification with a blue carpet on the office floor and a blue painting on the wall facing him at work. As heat and Yang symptoms tend to ascend, the blue colour should be on or close to the floor to try to descend it.

Blue colours should be avoided in cold disorders. Pastel blue and metallic colours will activate Kidney Yang and could be used moderately. The more suitable shades in cold diseases are pinks and reds.

13.1.10 Associated flavour – salty

Just as all the other flavours, salty foods increase Kidney Yang – so a craving for salt indicates Yang deficiency, and a dislike for salt indicates Yang excess. The bad news about salty food is that it is not always good for one. For instance, a patient suffering from poor Kidney function with Water retention and oliguria, should take less or no salt – but because the Kidney Yang is deficient – he or she will crave salt. Patients who are very dry because they do not drink very much, should consume more salt as it would make them more thirsty and help to hold more Water in the body, but they do not crave salt. We have to advise them to consume more salt.

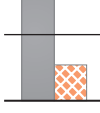

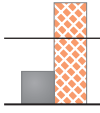

13.1.11 Associated climate – cold

The climate cold is the pathogenic factor that attacks the Kidneys and Urinary Bladder, more than any other climatic factor. Cold increases Yin and attacks Yang. When Kidney Yang becomes deficient, the cold can penetrate to the deeper parts, injuring the bones and joints, the internal organs and the reproductive system. In Kidney Yang deficiency, the patient feels cold when it is not cold, and the feeling of cold is in the deep parts, whereas the skin may not be cold to touch. Other parts of the body may be affected by the cold, or may feel cold – this could be related to other organs. For instance, cold hands only may be due to coldness in the upper warmer – Heart or Lung – mostly the Heart. Cold extremities (hands, feet and nose, ears) could be because of Spleen Yang deficiency. Damp-cold in the Lungs can cause asthmatic breathing with excessive white mucus that worsens at night

and in the cold weather. Coldness of the Kidneys manifests mainly in the feet, legs and low back. It retards the function of the urinary system and reproductive organs, and causes stiffness and pain in the joints during rest.

13.1.12 Coupled Yang organ – Urinary Bladder

The function of the Urinary Bladder is to hold and to eliminate urine. It should be able to eliminate on cue when it is full, and should hold the urine when not full or when a toilet is not available.

UB		<ul style="list-style-type: none"> – Full bladder with difficulty starting passing urine, weak flow and some amount left in bladder at the end. Increased night urination
UB		<ul style="list-style-type: none"> – Dribbling or stress incontinence, increased night urination
UB		<ul style="list-style-type: none"> – Frequent and urgent urination in small quantities could mean cystitis or may occur when a person is nervous; may have dysuria, with Blood or pus
UB		<ul style="list-style-type: none"> – Frequent and urgent urination, worse with cold weather or when nervous; dribbling or stress incontinence

Treatment

UB damp-cold stagnation

- UB 28, 32 – needle and cupping (10 minutes of each). These are Back-shu of Bladder and Local point. Cupping promotes emptying of fluid from internal organs
- Ren 3 moxa, St 29 (Local points)
- Sp 6 – Area Distal point
- UB 58 – Luo point (sedates Yin and tonifies Yang)
- St 40 – to circulate dampness
- LI 4 – the great eliminator, helps Urinary Bladder to empty completely

UB Qi deficiency

- UB 28, UB 32 – Back-shu and additional Local point for UB
- Ren 3 moxa – Mu-front and Local point for UB (tonify Yang with moxa)
- UB 67 – Tonification point
- K 3 – Earth point to tonify Kidney Yang
- Sp 6 – Area Distal point

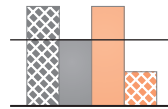
Hyperactive Yang in Urinary Bladder (this describes the symptoms of damp-heat in Urinary Bladder)*

- Ren 3 – Mu-front point of UB (cools and calms)
- Sp 6 – Area Distal point
- K 4 – Luo point with UB 64 sedation –Yuan-source point (tonifies Yin and sedates Yang)
- UB 28 bleeding cup (eliminating harmful heat with bleeding)
- Du 20 – Tranquillizing point
- UB 63 (Xi-cleft) or UB 65 (Sedation point) sedation
- Keep sipping water, and rest well

After recurrent or prolonged urinary tract infection, the harmful heat of the inflammation may inhibit the healthy functional Qi of the Urinary Bladder. Then it is possible that the Urinary Bladder does not empty well and there is some amount retained in it. The picture looks like this:

Urinary Bladder

Harmful heat (inflammation) inhibits functional Qi



In this case, the **treatment** should be to eliminate the heat, and to improve the function:

- Bleeding cup on tender points at UB 28 – back-Shu of Urinary Bladder (bleeding eliminates the heat without affecting the Qi)
- Ren 3 – Mu-front of UB
- Sp 6 – Distal point
- UB 58 – Luo point (this sedates Yin and tonifies Yang, increasing the efficiency of elimination of urine)
- LI 4 – great eliminator – also will help elimination improve

Urinary Bladder Yin and Yang (Qi) deficiency

This is a chronic state with deficiency of both, and since neither can control the other, in Yang situations the Yang will dominate, causing frequency and urgency, and in Yin situations the Yin will dominate, causing night urination, dribbling and incontinence.

Treatment

- Ren 3 and UB 28,32 (mild moxa can be used, not to make the skin red)
- K 7 and UB 67 – Tonification points (these may make the frequency worse at the beginning because of the extra energy that flows in, but this would soon settle down. The initial sessions can be once weekly to avoid this complication, and once the patient is better, treatment could be given twice a week)

* Many books describe symptoms of cystitis as Damp-heat in Urinary Bladder. This may be due to the fact that there is often a slippery pulse quality on the Water Urinary Bladder pulse position. The urine is coloured and turbid, maybe with some Blood cells and pus, showing that there is stagnation of fluid here. But, as long as there is frequent and little quantities of urine each time, **with no sign of any remaining urine in Bladder**, the picture is of a Yin deficiency.

- Sp 6 – Distal point
- LI 4 – Helps elimination

In all cases of urination problems it is important to avoid caffeinated drinks that irritate the Bladder, and to keep the lower abdomen and the feet warm with suitable clothes and footwear.

The Urinary Bladder associates directly with the uterus and the prostate gland

These organs lie over each other, and are influenced directly by treating the Urinary Bladder meridian. We have all heard about the turning of a breech baby in late pregnancy, using point UB 67 moxa.

Turning a breech baby in late pregnancy

The best time to do this manoeuvre is between the 28th and 32nd week of pregnancy. The 34th week is the latest. It may be true that left without treatment, the baby may turn after this time. But it is perfectly safe for this to happen with our treatment as well. Moreover, if the baby moves into the head presentation position after 34 weeks, it might be impossible for the head to engage in the pelvis because it is too large – so it not an effective treatment for working towards a normal childbirth. The mother-to-be ends up with a caesarean section, anyway.

Treatment

The mother-to-be lies in a semi-reclining position on the bed with clothes loose around the abdomen. The therapist sits at the foot of the patient, with a lit-up moxa cigar.

Point UB 67 is used on one foot with sparrow-pecking movement of the moxa cigar. The patient should tell you when the heat is uncomfortable. When it is, then the other foot UB 67 should be warmed. When that feels too warm, you should go back to the first foot again. Alternate between both feet for six to 10 minutes, depending on how soon the patient feels the heat.

The treatment should be given daily for three to five days, and every day beginning the treatment after checking the baby's position. Treatment must stop when head presentation is noted. The mother-to-be will notice increased contractions and baby movements during and after the treatment; this is quite safe.

If there are increased contractions of the uterus at any time, either in dysmenorrhoea or in pregnancy, these could be calmed by sedating UB 65, the Sedation point. We have already talked about habitual miscarriage and uterus fibroids in the early part of this chapter. Prostate hypertrophy and prostatitis have also been discussed. Please remember, that each time we tonify Urinary Bladder Yang – we inadvertently tonify also the Kidney Yang. And when we sedate Urinary Bladder Yang, the Kidney Yang is also sedated.

My younger students often ask me if we can cause contraception through acupuncture. I am wary of causing this energy state permanently, but I tell them that the Tonifying point UB 67 on the 'morning after' is a good precaution! One young woman decided to try this out. She developed bad Kidney colic afterwards and passed two small stones!

13.2 DISEASES OF THE WATER ELEMENT

The diseases and symptoms that have been discussed in detail in the previous sections this chapter are:

- Imbalances causing low energy and associated symptoms, and treatment
- Rapid bone growth with poor development in children
- Slow growth in children
- Short menstrual cycles
- Long menstrual cycles
- Pre-menstrual tension with damp stagnation symptoms
- Pre-menstrual tension with Blood stagnation symptoms
- Impotence
- Turning a breech presentation baby in pregnancy
- Ovarian cysts
- Uterus fibroids and prostate hypertrophy
- Post-menopausal syndrome
- Four types of musculo-skeletal pain, differentiation and therapy (discussion of six case histories to illustrate these differences)
- Nerve deafness (also congenital deafness)
- Tinnitus (three different types)
- Hair loss (localized and general)
- Fear and phobias – differentiation and treatment
- Acute cystitis
- Nervous bladder and other bladder instability syndromes and treatment

I will now go through some of these again and discuss several more diseases and symptoms to complete this chapter.

13.2.1 Treatment of musculo-skeletal pains

This is an acupuncturist's bread and butter. At least half our patients come with a pain of some sort, and acupuncture is the best therapy for musculo-skeletal pains. We discussed earlier the three questions we should ask our patient, in order to determine if the pain is an excess or deficient state. An acute state and a recurrent state should be treated with sedation of the excess. We also discussed that in the treatment of hot pain, one should use fewer Local needles and more Distal points to draw the excess energy away from the local area.

In this context, I would like to draw your attention to 'one-point therapy' again. This therapy has been mentioned before, in Chapter 6, on how it is possible to sedate an excess of one meridian on either its same polarity meridian on the arm or leg, or the meridian that precedes it on the Organ Clock energy flow (p. 177).

Table 13.11 One-point therapy*			
Symptom	Related guidance course	Related guidance course	Point
Facial pain, headache	GB LI ST	TW ST LI	TW6 ST 44 LI 4
Shoulder/arm pain	LI TW SI	ST GB UB	ST 38 GB 34 UB 58
Back pain, sciatica	UB SI	SI SI	SI 7 SI 3
Osteoarthritis of the knee/leg pain	ST GB SP LIV	LI TW LU P	LI 10 TW 5 U 6 P 7
Pain in hypochondrium	GB	TW	TW 8
Heel/ankle pain	K	P	P 7

According to Table 13.11 and Table 6.7, we have two possible sedation points for excess situations of each and every meridian except three – Large Intestine, Small Intestine and Triple Warmer. The table gives one empirical point for sedating the meridian excess, but other points along the same meridian can be considered.

Example: stiff neck

This is a very common complaint patients present with after sleeping in a wrong position or after wind exposure. The pain is on the trapezius muscle (Gall Bladder meridian) on turning the head sideways, and is severe enough to limit movement. May cause parietal headache.

Treatment

- Two needles locally with electrical stimulation – 20 minutes
- Lu 7 – Area Distal point; UB 60 – Meridian Distal point
- When local needles have been removed, **point TW 6** should be applied on the affected side, **and vibrated** while the patient slowly moves the head.
- Pain reduces within 0.5–2 minutes. TW 6 must **be removed after two minutes**.

* One-point therapy is used for removing energy from the local area. It should be given as the last part of the treatment, and there should not be any Local point at the same time or after. If Local points are used, these would bring energy to the pain area.

* One-point therapy sedates the polarity of the meridian – sedates Yin in a Yin meridian; and Yang in a Yang meridian. Sedation of Lu 6 sedates Yin of the Spleen meridian.

13.2.2 Acute sciatica

This pain occurs along the Urinary Bladder meridian from buttock to ankle; the patient stands in bent position as standing erect worsens the pain.

Treatment

- Patient lies on one side with the painful side above.
- Points UB 24, UB 28, UB 54, GB 30, are given with electrical stimulation (5–10 Hertz, continuous frequency, intensity comfortable for patient)
- Points UB 37, 40, and 60 are given with balanced needle technique
- Ear acupuncture: sciatic nerve, Kidney, Shenmen
- When local needles are removed in 20 minutes, **point SI 7** on the side of the pain is given with **vibration, for up to 2 minutes**, the pain reducing steadily

If the sciatica was on the Gall Bladder meridian, the Local points should have been on the Gall Bladder, and the one-point vibration on TW 5.

13.2.3 Shoulder, arm pain

There are three Yang meridians flowing on the anterior, lateral and posterior of the shoulder. If there is Yang pain on any one of these meridians, one-point therapy* could be used after Local points have been removed. The points are as follows:

For sedating the Large Intestine meridian (for shoulder and elbow) – St 38 vibration

For sedating the Triple Warmer meridian (for shoulder and elbow) – GB 34 vibration

For sedating the Small Intestine meridian (for shoulder and elbow) – UB 58 vibration

13.2.4 Osteo-arthritis of knee

This condition is very common in middle-aged women, in whom it occurs more often than in men. Typically the pain occurs on the medial side, on the Spleen meridian. There is some oedema and stiffness on starting to move. Patients tend to limp when they start walking after having a rest.

Treatment

This is a damp pain, sometimes showing some heat symptoms. When there is no heat, many **hot needles** could be given locally.

- On points: Ex 32 (knee eyes), Sp 10 and St 34, then cupping
- Additional point: St 32 (very good point to strengthen the quadriceps muscle)
- Finishing off with one-point therapy for Sp meridian – Lu 6 vibration

The patient will be able to walk without limping straight after the treatment.

13.2.5 Central low backache

This pain occurs in the midline at the height of L4–S2 vertebra. The pain comes on when patient tries to straighten the back and improves when he or she bends forward. The pain is on the Du meridian, and is a Yang dominant pain. The Yang keeps the back straight. If there is pain on standing erect or in extension, this is a Yang posture and therefore the pain is Yang dominant (it improves when bending

forward). Bending is a Yin posture for the back, so if there is pain while bending, it would be a Yin pain (it improves when extending the back).

Yang excess pain on Du meridian:

- One to two Local points
- Du 26 – Meridian Distal point
- UB 40 – Area Distal point
- At the end, vibrate point SI 3*

13.2.6 Inferior heel pain

The cause of this pain may be calcaneal spur or plantar fasciitis, and what is important for the treatment is the type of pain. The pain occurs in the heel, where the Kidney meridian flows. We treat the Kidney meridian according to the character of the pain.

Pain that worsens at the start of movement from rest and improves as the patient walks is a damp pain. Treat with:

- Four Tender points felt on palpation along the Kidney meridian between the knee and the ankle, given with hot needles
- K 3 (if this was not a Tender point already)
- UB 58, St 40 – Luo points to move dampness
- When all needles have been removed, end with two minutes of one-point **vibration on point P 7[†]** with patient moving the ankle gently
- Advise wearing of shoes with arch supports and soft heels
- Soft Achilles' tendon stretching exercises

Treat twice weekly at the beginning, and when pain reduces, once weekly, 12 sessions approximately.

13.2.7 Tennis elbow

Pain on the lateral epicondyle is mostly of a Yang dominant nature. Pain is aggravated by gripping and twisting movements and extension of the wrist.

Often it causes weakness of the arm and therefore more strain on the wrist.

Treatment

- Three superficial needles on the lateral epicondyle
- Four needles, two on the Triple Warmer meridian and two on the Large Intestine meridian above and below the pain area, with electrical stimulation
- Palpate and needle Tender points along both meridians (or the painful meridian) from wrist to shoulder. This helps to strengthen the muscle
- Ear acupuncture – Elbow, Liver, Shenmen
- Point St 38 vibrated as one-point therapy at the end

Treat twice weekly for the first two weeks, then once weekly, 12 sessions in all.

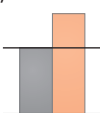
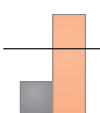
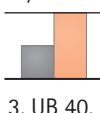
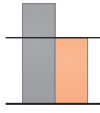
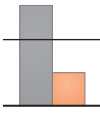
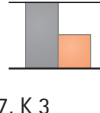
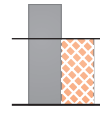
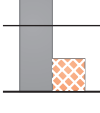

When the problem is sub-acute, points Lu 7 and P 6 can be added (Luo points – tonify Yin and sedate Yang of the Large Intestine and Triple Warmer meridians).

* Du meridian is an Extra meridian, which has no similar polarity meridian. Therefore, sedation is possible only on the Confluent point – SI 3. One side could be used during one treatment, and the other side used next time.

† The Pericardium meridian does not have the same polarity as the Kidney meridian, but it is the next meridian on the Organ Clock energy flow.

13.2.8 Backache

This is most common problem among acupuncture patients. Table 13.12 shows the types of pain and treatment.

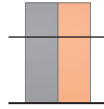
Table 13.12				
Hot pain	Worsens with activity, better with rest, severe, radiating to leg, eased by leaning forward, sitting or lying *If pain is very localized, bleeding cup should be considered	 Urinary Bladder Sedate UB 65/63 Vibrate SI 7 Four Local points with electro-stimulation, UB 37, 40, 60	 Urinary Bladder Sedate UB 63 Vibrate SI 7 K 4 Luo point Four Local points with electro-stimulation UB 37, 40, 60	 Urinary Bladder Ren 3, UB 40, K 7 Four Local points with electro UB 37, 60
Cold pain	Worsens with rest, worse when sitting or lying, disturbs sleep, worse on bending, morning stiffness for a few minutes, better with warmth and movement, gradual onset and progressive	 UB Sedate UB 63/K 5 Vibrate K 5 Six to eight Local hot needles, UB 37	 UB Sedate UB 63 Sedate K 3, tonify Urinary Bladder 58, Six to eight Local hot needles, UB 37	 UB UB 67, K 3 Six to eight Local hot needles, UB 37
Damp pain*	Worst at the beginning of movement from rest, morning stiffness lasting more than an hour, both movement and pain improve as day goes on. Pressure pain if sitting on buttock or thigh	 UB Sedate UB 63/K 5 Vibrate K 5, four Local hot needles then dry cupping, St 40	 UB Sedate UB 63 Sedate K 3, tonify UB 58, hot needles and cupping, St 40	 UB* UB 58, St 40 (always Yin stagnation, so Luo points) Local hot needles and cupping
Wind pain†	Pain wandering between upper and lower back, if lower back is better, then upper back hurts, if that is better then neck hurts ... never without pain	Urinary Bladder wind-cold Few Local points where it hurts on the day UB 12, GB 31 Wind-elimination tonification Local moxa or hot needles		
		UB Wind-heat Few Local points with electro-stimulation, UB 12, GB 31 Wind-elimination sedation SI 7 vibration		

* Damp pain – there is Yin excess in the chronic damp pain. This may not necessarily need sedation of Yin, but since it is a stagnation of fluid – it always needs to be circulated – hence the Luo-connecting point of the Yang coupled meridian is used. This argument can be applied to damp-cold pain, that is, a pain that is worst while resting and at the beginning of movement.

† Wind can be from exterior exposure or generated from the interior. If it is from exterior exposure, then the Wind-elimination points in the area applied with the wind-elimination needle technique will suffice. If this is a chronic problem, it may be caused by interior wind. Liver generates interior Wind, either in Blood or Yin deficiency situations. In Blood deficiency, points Ren 14, UB 15, UB 17, GB 39 can be used, along with iron supplements; in Yin deficiency (more likely in cases of wind-heat), points Liv 5, GB 40 sedation, Sp 6 can be used to sedate the Yang, which will ascend with the wind and Sp 6 will descend the energy as a Distal point of the lower warmer. Liver Yin deficiency often goes together with Kidney Yin deficiency; this may be the reason that the back pain of wind-heat manifests on the UB meridian – tonifying K 7 would be useful.

In the case of a **damp-heat** nature of pain, there can be two possibilities.

1.

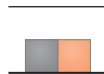


This is an acute pain, and has both damp and heat excess symptoms, such as pain during both activity and rest. Ideally, we should treat the causative factor and the reactive factor will reduce automatically. For instance, if the pain started after a fall or injury, the Yang would have been the first to increase, but the pain would have increased the following day and it hurts now all the time. It would be enough to sedate the Yang alone, and the Yin excess symptoms will be gone the following day.

In osteo-arthritis of knee, the pain is often of a damp type, with oedema and pain at the beginning of a movement. But if the patient walks excessively, it is possible that the knee will hurt more and become warm and the character of the pain will change. Again, to sedate the Yin of the meridian, give Local needles and cupping will work well in bringing down the inflammation.

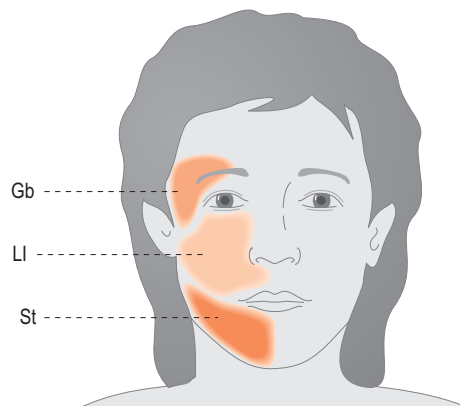
When it is not clear as to which energy increased initially, sedate both Yin and Yang.

2.



This is a chronic state where both Yin and Yang are deficient, and one cannot control the other, which means that sometimes one can increase, and at another time the other can increase. The patient may manifest Yang dominant pain if they walk or climb stairs, and Yin dominant pain when they sit or when the weather is wet – but not simultaneously. In this case, we need to tonify both Yin and Yang once a week, and treat locally with electrical stimulation and dry cupping.

13.2.9 Trigeminal neuralgia



This is a typical Yang dominant and wind pain, complicated by either cold or heat. The treatment becomes complicated when the patient is on high doses of pain medication, such as carbamazepine. I have known patients to take 1000mg daily and go to work. The treatment is extremely successful, but the pain reappears each time the medication dose is reduced. Initially, the dose reduction can be substantial, but we have to let the condition stabilize (the patient should be pain-free on the reduced dose) before reducing again. The last 100mg may or may not be possible to reduce. If it cannot be reduced, then it could be split into twice 50mg per day.

The first few treatments of acupuncture give the best effect (if correctly given!). We, therefore try to reduce medication as early as possible so that the best treatments take effect when the medication cannot block the treatment.

Treatment

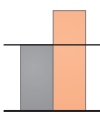
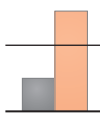

General points:

- Du 20 – for tranquillization
- GB 39 – Influential point for marrow (bone and nerve)
- GB 20 with appropriate wind-elimination needle technique, depending on cold or hot symptoms, mostly heat (p. 431)

Treatment according to the three divisions of the trigeminal nerve


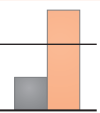
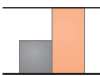
First division – Gall Bladder Meridian

- Local points: GB 14 through to mid eyebrow
Ex point Tai yang through to TW 23* } With continuous frequency electrical stimulation – 10 Hertz for 20 minutes

Table 13.13		
		
Acute – Yang ↑	Sub-acute or recurrent } hyperactive Yang	Yin ↓
Treatment		
<ul style="list-style-type: none"> ■ Sedate GB 38/36 ■ Vibrate TW 6 when Local needles are removed 	<ul style="list-style-type: none"> ■ Sedate GB 40, tonify Liv 5 ■ GB 44 (tonifies Yin) ■ Vibrate TW 6 when Local needles are removed 	<ul style="list-style-type: none"> ■ GB 24 – Mu-front point ■ GB 44 – Metal point ■ Liv 1 – Own-element point ■ All tonify Yin

*Second division – Large Intestine Meridian**

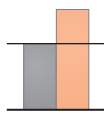
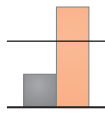
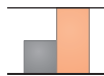
- Local points: St 3 through to LI 20
St 7 through to SI 18 } With continuous frequency electrical stimulation – 10 Hertz for 20 minutes

Table 13.14		
		
Acute – Yang ↑	Sub-acute or recurrent } hyperactive Yang	Yin ↓
Treatment		
<ul style="list-style-type: none"> ■ Sedate LI 2/7 ■ Vibrate St 44 after Local needles are removed 	<ul style="list-style-type: none"> ■ Sedate LI 4, tonify Lu 7 ■ LI 5 (tonifies Yin) ■ Vibrate St 44 when Local needles are removed 	<ul style="list-style-type: none"> ■ St 25 – Mu-front point ■ LI 5 – Fire point ■ Lu 8 – Own-element point ■ All tonify Yin

* As long as Local needling is too painful, the same points can be used on the contralateral side, without electrical stimulation.

Third division – Stomach Meridian

- Local points: St 5 through to Ren 24
St 7 through to SI 18
- } With continuous frequency electrical stimulation – 10 Hertz for 20 minutes

Table 13.15		
		
Acute – Yang ↑	Sub-acute or recurrent } hyperactive Yang	Yin ↓
Treatment		
<ul style="list-style-type: none"> ■ Sedate St 45(ouch!)/34 ■ Vibrate LI 4 after Local needles have been removed 	<ul style="list-style-type: none"> ■ Sedate St 42, tonify Sp 4 ■ Vibrate LI 4 after Local needles are removed 	<ul style="list-style-type: none"> ■ Ren 12 – Mu-front point ■ St 43 – Wood point ■ Sp 3 – Own-element point ■ All tonify Yin

Treatment is given twice weekly most of the time, increasing to thrice weekly when the medication is reduced by a large amount. When the pain has settled with the new reduced dose of medication, there can be a short interval of about a week before treatment commences again and medication is reduced. After having arrived at the point of no painkillers or as few as possible, treatment should be gradually withdrawn. I would continue as: once fortnightly for two months and once a month for three months.

13.2.10 Dysmenorrhoea

When treating the patient, we should ask them two questions – which would help us to correctly diagnose the imbalance.

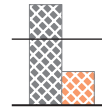
1. On which days of the menstrual cycle do you bleed most heavily?
2. On which days of the menstrual cycle do you have the maximum pain?

If the dysmenorrhoea is worse **on the days before maximum bleeding occurs**, and there is colic and scanty dark, clotty bleeding that is alleviated with heat, it shows the uterus has difficulty eliminating the Blood. There is also a tendency for constipation and Water retention prior to the period. The cause is that it is a Liver function to release Blood from the vessels, even if other organs are actually eliminating the Blood. In this case, the Liver function (Qi) is deficient and is not releasing the Blood, while the uterus is contracting to let the Blood out. This tug of war goes on for at least a day or two, when – finally – all the colic and contracting of the uterus succeeds in increasing the Liver Qi, the Blood starts to flow easily and is more fluid, and the pain eases. This situation between the Liver and uterus is the main reason for **endometriosis**, where the build-up from the uterus – which does not find its way out through the cervix – enters the abdominal cavity through the fallopian tubes, causing endometrial tissue to lodge itself in the abdomen. After the pain eases and Blood begins to flow well, the stool and urine tend to become frequent and watery, and there is a noticeable reduction in body weight.

Treatment

The treatment is to increase the Liver Qi,* so that the Liver and the uterus will work together simultaneously.

Liver Blood stagnation – Liv



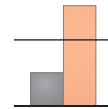
Points

- UB 18 – Back-shu point of Liver (improves function)
- LI 4 – Great eliminator
- Liv 4 – Metal point (also Grandmother point – tonifies Yang)
- GB 37 – Luo point (sedates Yin and tonifies Yang – removes stagnation)
- Sp 8, 6 – Symptomatic points for dysmenorrhoea

Para-vertebral tapping with plum-blossom needle lateral to L4–S4 until there is a red skin reaction (tap 1 cm lateral to vertebral column, both sides).

The treatment should be given over three to four months, ideally during the **middle 10 days of the cycle**. Three to four sessions within that 10-day period would be the best, and the patient is not treated during the menstruation. If the treatment is successful, the dysmenorrhoea will be improved in the first month, vastly improved in the second month and completely cured in the third month.

Hyperactivity of Yang in Kidney and Uterus – Urinary Bladder



This is when the period of **maximum bleeding and maximum pain coincide**. The patient has excessive, red fluid bleeding with colic in the uterus, feeling of heat and flushes, an urge to pass urine and stool at the same time, and restlessness. The period can leave the patient exhausted, weak and dizzy, needing a few days to recover.

Treatment†

Points

- Ren 3 – Mu-front point of UB (tonifies Yin)
- Sp 6, Sp 8 – Symptomatic points for dysmenorrhoea
- K 4 – Luo point (tonifies Yin and sedates Yang)
- UB 40 – Earth point (Grandmother point – tonifies Yin)
- Liv 5 – Luo point of Liver (added if there is excessive bleeding)


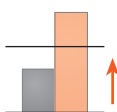
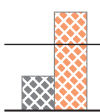
* The patient should be advised to avoid refined sweets and carbohydrates, and be more physically active during the fourth week of the cycle leading up to the bleeding. This would help the Liver Qi not to get sluggish.

† Patient should be advised to drink more Water, avoid red meat, working near heat and to sleep more. It is important to cool the system.

Treatment can be given all through the month, once a week is ideal. The patient should be treated for three to four months in all.

13.2.11 Menstruation-related headaches



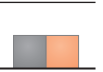




If a woman of menstruating age comes to you with headache, nine out of 10 times it will be related to her menstruation. How does one differentiate this headache from others? Let us see Table 13.16.

Table 13.16		
Liver Blood stagnation	Hyperactive Yang in the Liver, Kidney	Liver Blood deficiency
		
<ul style="list-style-type: none"> Mostly on vertex, or unilateral, side may vary Headache is pre-menstrual, improves with period Other symptoms – pre-menstrual tension, Water retention, breast distension, irritability, constipation, nausea, coldness and lower abdominal heaviness and discomfort. Headache can feel heavy, pressure from outside to inside, worse in the nights and on waking, better in day, improves in fresh air and with black coffee Tongue: purple on the sides, teeth marks, slimy white coating 	<ul style="list-style-type: none"> Mostly one-sided at a time, or at point UB 2 Headache can be with maximum bleeding or during ovulation time Other symptoms – generally short cycles, feels hot before and during period, vomiting with headache, photophobia and phonophobia, prone to Yang-type backache and occipital pain, abdominal colic and diarrhoea during menstruation Headache feels sharp, pulsating, pressure as if head would explode. Better at night and while asleep, better if they can eat, worse with stress and activity Tongue: red on the sides with cracks or red papillae 	<ul style="list-style-type: none"> Fairly generalized in head, the entire scalp is sore, the most pain points could be on the side or vertex Other symptoms – dizziness, blurred vision, tinnitus, poor sleep and concentration, weakness of limbs, pale and drained Headache starts at the end of menstrual bleeding, lasting four to five or more days It is dull, with a hypersensitive scalp Feeling of emptiness in the head, sore and sunken eyes and pale grey face Tongue: pale on the sides, thin and dry coating
Treatment		
<ul style="list-style-type: none"> UB 18, GB 37, St 40, LI 4 Local points Treat three to four sessions in mid-cycle for three months 	<ul style="list-style-type: none"> Ren 3, K 4, UB 40 Sp 6 Local points Treat once weekly, for three months 	<ul style="list-style-type: none"> Ren 14, UB 15, UB 17, GB 39 and Local points Iron, proteins Treat once weekly for three months

13.3 SUMMARY

Table 13.17

Table Water

Kidney Yin ↓	Kidney Yang ↓	Kidney Yin and Yang ↓	Hyperactive Yang	Stagnation of fluid	Urinary Bladder hyperactive Yang	Urinary Bladder stagnation of damp
						
Energy better after rest and at night, quickly exhausted	Problems with starting the day, energy better at noon and in warm weather	Always tired, better at 3–7 pm	Very energetic for short periods, very active, better at night	Takes a long time to get active, worse after rest and in wet weather	Same as hyperactive Kidney Yang	Same as stagnation in Kidney
Small and weak bones, easily fractures, caries	Short, slow growing, lazy	Short and under-developed	Grows very fast and weak, small bones, fractures	Short with large joints and heavy bones	Yang pain in back, weak back	Damp pain in back, stiff back, oedema
Short menstrual cycles, repeated miscarriages, short erection	Long menstrual cycles, infertility, amenorrhoea, poor erection	Irregular cycles, infertility, premature ejaculation	Short cycles with excessive bleed, repeated miscarriages, short erection	Long cycles with dysmenorrhoea before period, cannot get pregnant, poor erection	Short cycles with dysmenorrhoea during bleed, repeated miscarriages	Uterus fibroids, hypertrophy of prostate, long menstrual cycle, endometriosis
Dryness, little and concentrated urine	Increased night urination	Frequent urination, excessive thirst, dryness	Acute Kidney colic, acute pyelo-nephritis	Chronic impairment of Kidney function, oedema and less urine	Acute cystitis, nervous and frequent, little urination	Urine retention in bladder with no urge or poor elimination
Osteoporosis, nerve atrophy, general hot pains in joints	Generalized cold pain in joints with coldness	Osteoporosis, pain in joints all the time	Acute relapse of rheumatoid arthritis, hot pains with feverishness	Generalized damp pain in joints with oedema, stiffness	Acute backache with sciatica, worse with movement	Damp pain in the back, worse at the start of movement, pressure pain on sciatic nerve

Tinnitus, selective deafness, otosclerosis	Nerve deafness	Chronic deafness with tinnitus	Acute ear infection, tinnitus	Blocked ear, Meniere's syndrome		
Loss of hair, thin and brittle hair	Limp and dull hair, greys early	Both Yin, Yang deficient symptoms	Hair loss and thinning, brittle hair	Greasy, dull and limp hair, greys early	Loss of hair especially on occiput	
Active fear, fear causes physical symptoms of hyperactivity	Phobia, passive fear, can faint or urinate involuntarily	Always in fear of unknown causes	Mostly fearless, in an acute state could be panicky	Passive even when not feeling fearful, more passive when feeling fearful, argues why they are right	Same as Kidney hyperactive Yang	
Likes deep blue and black, can be therapeutic colours	Likes sky blue and pastel grey	Like all shades of blue and black	Feels calmer in deep blue or at night	Greys and deep blues make them feel as if under water, dislike	Likes deep blue and black	Likes sky blue and light grey
Salty food is beneficial to hold water in body, but causes hardening of arteries, not suitable in patients with cardiac or Blood pressure problems	Craves salty foods, can be consumed when no Water retention	Craves salty foods, may have oedema in the ankles. Salty food can be taken if it does not increase the oedema	Dislikes salty food	Craves salty food, not to be taken because of the oedema	Dislikes salt	Craves salt, should be avoided
If Yin deficiency is severe, feels cold in the interior, improves after eating or sleep	Cold inside and outside, sometimes they do not feel their feet are cold, but can be icy to touch, improves with exercise	Cold all the time, inside and outside. The feet however, feel sometimes hot and sometimes cold	Feels cold inside (especially the bones) and hot outside, ascending heat	Cold and wet, in the lower part of the body	Backache worsens with activity, Bladder inflammation with overwork	Backache worsens with rest and cold Bladder infection with exposure to cold

The following table will help with the differentiation of Kidney Yin and Yang. It should not be confused with the Water Kidney and the Mingmen Kidney.

Table 13.18	
Kidney Yin	Kidney Yang
Water	Distribution, elimination
Essence	Energy
Life	Force
Past	Future
Passive fear	Active fear
Marrow (bone, nerve)	Sensitivity, function
Refinement	Hearing
Right-brain dominated	Left-brain dominated
Endurance	Libido, sex
Flexible back	Rigid back
Soft	Hard
Lazy	Active
Lenient	Strong
Quantity	Urination
Barren	Fertile

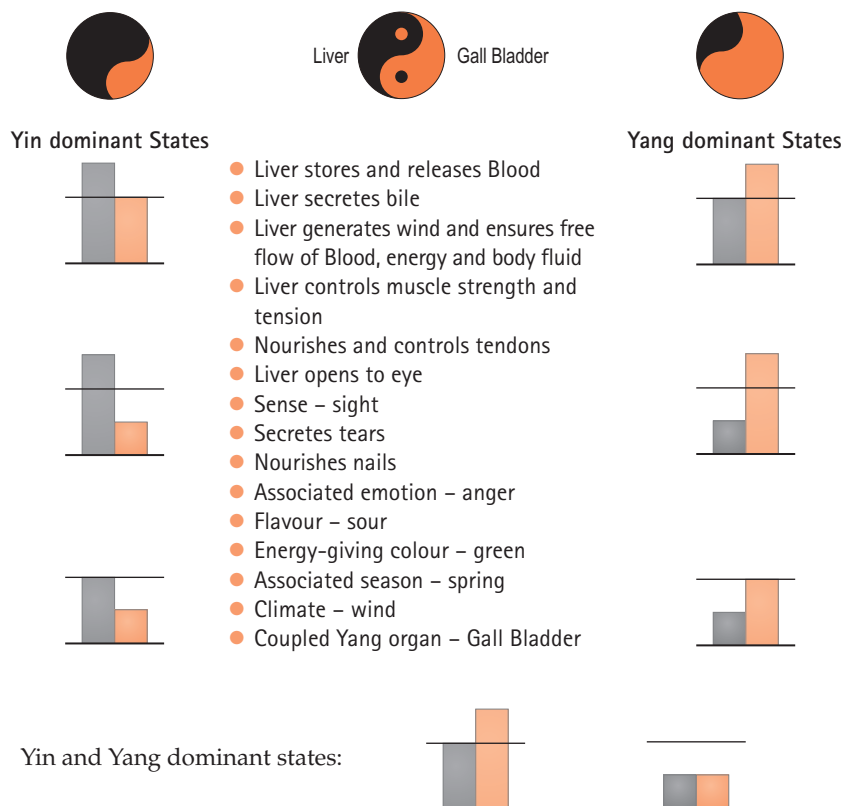
CHAPTER 14

The Wood Element – Liver and Gall Bladder

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14.1 WOOD ELEMENT – THE CONCEPT



14.1.1 Liver stores and releases Blood

The Liver Yin stores Blood in the vessels and the body. The Liver Yang releases this Blood to the rest of the body when it needs Blood for energy, and also releases the Blood out of the body in times of bleeding. When Liver Yin is deficient, it has less capacity to store the Blood within the vessels, and therefore, when there is an injury, the patient tends to carry on bleeding as Blood coagulation is delayed. You will have no problem recognizing such patients, because when you remove their needles at the end of treatment, at least half of the points will be bleeding, and they will continue to ooze Blood for a few minutes! It is as if the patient was on anticoagulants. The Liver Yang releases the Blood outwards. In the case of Yang excess, there can be **spontaneous bleeding**. A combination of Liver Yin deficiency and Yang excess is perhaps the worst combination possible – as in the case of Liver cirrhosis, as here the patient tends to **bleed spontaneously and excessively**.

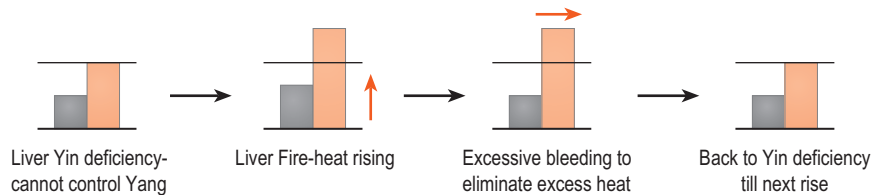
When there are signs of Blood deficiency – paleness, tiredness, dizziness, feeling of numbness in the hands and legs, and long menstrual cycles with scanty bleeding in women – this is called **Liver Blood deficiency**. It is not necessary that a patient's haemoglobin count should be low to substantiate such a diagnosis. The symptoms are sufficient. In some patients, this could be a temporary state, following an accident with much loss of Blood, or a serious illness, or childbirth. The symptoms could improve after a short period of Blood building. We can assist Blood building by tonifying Heart Yin and Yang (as it is Heart that nourishes and synthesizes Blood).

Excessive and spontaneous bleeding can occur from any organ, but the underlying cause of this bleeding lies in the dysfunction of the Liver. When Liver has **Fire-heat (Yin deficiency and Yang excess)**, that makes it release too much Blood and store too little. But then, why does the bleeding occur different organs in different cases? This is because the organ where the bleeding occurs is also in a Fire-heat condition. Before I proceed further, I will explain what I mean by the term Fire-heat, and why bleeding occurs in these cases.

In the case of a balanced organ, if the Yang increases in this organ, it will react by increasing Yin as well. This situation is called **damp-heat – with heat and fluid**.

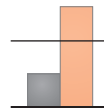


This is how the body tries to balance the situation – it reacts with fluid in order to control Yang. This is possible as there is a good amount of fluid in the body. But when there is less fluid – dryness – **and** inflammation or fever, there is not sufficient Yin to react with. The only way to balance this situation is by **elimination of the heat**. And, the quickest and most effective way to eliminate heat is to bleed – hence the bleeding. This is not slow bleeding or spotting – it is arterial bleeding, red and fluid, and excessive.



EXAMPLE: EXCESSIVE AND SPONTANEOUS BLEEDING

Epistaxis



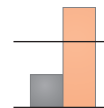
Treatment

- Lu 1, Lu 7 (Mu-front and Luo-Mu point cools organ; Luo tonifies Yin and sedates Yang)
- Liv 5 (Luo)
- Extra point Yin Tang and LI 20 (Local points for nose)
- GB 20 – with heat-elimination needle technique – p. 433)
- Sp 6 – to descend energy

Treatment mainly prophylactic, once weekly × 4, then once fortnightly × 4.

Excessive bleeding during menstruation:

Fire-heat in uterus (Urinary Bladder)
Fire-heat in Liver



Treatment

- Ren 3 (Mu-front of UB – cools the uterus)
- K 4 (Luo point – tonifies Yin and sedates Yang)
- Liv 5 (Luo point)
- Sp 6 – (Distal point for lower abdomen)
- UB 40 – (Earth point – tonifies Yin of Urinary Bladder through Controlling Cycle)

Treatment for Liver Blood deficiency

- Ren 14, UB 15 (Mu and Shu point of Heart to tonify Yin and Yang)
- H 9, SI 3 (Tonification points)
- UB 17 (Influential point for Blood)
- GB 39 (Influential point for Marrow)
- Iron

Treat once weekly until symptoms improve.

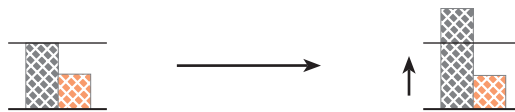
Problems with release of Blood when it is necessary to bleed cause symptoms such as dysmenorrhoea at the onset of bleeding. This is called **Liver Blood stagnation**.

Normally, the menstrual bleeding is heavier when the bleeding starts and decreases after two to three days. In patients with a **deficiency of the Liver function (Qi)**, the uterus finds it difficult to eliminate the Blood at the onset of the period, because the Liver does not release the Blood readily. It takes one to two days of much pain and cramps in the uterus (and other symptoms such as nausea, dizziness) for the Liver Functional Qi to improve and then release the Blood. The patients complains of severe pain at the onset, when the bleeding itself is little, dark and clotty (this indicates that the Blood is not flowing but stagnating in the uterus). However, when the bleeding becomes more fluid and flows out easily on the second or third day of the period, the pain improves greatly. It is also interesting to note that women who have this dysmenorrhoea also tend to get endometriosis, because when the uterus contracts in an effort to eliminate the Blood out of the cervix, the Blood gets squeezed into the peritoneal cavity through the fallopian tubes. If the Liver function does not improve, endometriosis can recur after surgery.

For further discussion on painful menstruation, see page 383.

EXAMPLE: DYSMENORRHOEA

Dysmenorrhoea at onset of menstruation

**Treatment**

- GB 37 (Luo of Gall Bladder, to prevent the Blood from stagnating)
- UB 18 (Shu point of Liver – improves function)
- Sp 8 (Symptomatic point for dysmenorrhoea)
- St 40 (Luo of Stomach – symptomatic point to improve circulation)
- LI 4 (great eliminator – helps in the releasing of Blood)

Patient should be treated for three to four sessions monthly during the middle 10 days of the menstrual cycle, for three months. No treatment is done during the menstruation.

14.1.2 Liver secretes bile

Liver secretes bile. The body needs bile to digest fatty foods. During hepatitis, the Liver Yang is high, and the patient suffers with high bilirubin, jaundice, nausea, itchy skin, etc. When Liver Yang or Qi is deficient, there is insufficient bile secretion, and patients are unable to digest fats and milk products. They have bloating of the upper abdomen, belching and have yellowish-green coloured semi-solid stools with much wind after consuming these foods. Bitter foods help to stimulate bile secretion, hence an espresso or Schnapps after a heavy meal aids digestion.

14.1.3 Liver generates interior wind

We depend on exterior Wind to move energy around in enclosed environments, if not it could get quite stuffy. Patients often talk of headaches that clear in the fresh air and skin ailments that improve on breezy beaches. When it is not possible for us to be in the windy outdoors, our energy, Blood and body fluid depend on the wind in the interior of our body to move them. The Liver Qi generates this interior Wind. When Liver Qi is deficient or depressed, the energy, fluid or Blood tends to stagnate in different parts of our body. Energy blocks such as ‘frog in throat’, fullness in upper abdomen, emotional frustration with unvented anger, rigid movements as in Parkinson’s disease or mental depression, fluid blocks such as hydrocele, localized cold oedema, Blood blocks such as varicose veins, and varicocele are some examples of blocks caused by Liver Qi deficiency.

The most effective method to improve Liver functional Qi is to do sports or regular exercise. Exercises that move the entire body without over-exertion – such as Qi Gong or Tai Qi – are appropriate. It is also good to avoid fatty foods and milk products which could thicken the Blood and fluid in the body, thus making them flow slower.

Foods that are beneficial to Liver Qi are ‘foods at the beginning of their life’. As Wood Element is associated with the direction East and to the time of Birth in the Five Phases of Life, all foods at the beginning of their life have more Wood Yang Qi. Sprouting beans, alfalfa sprouts, a day old chicken, young animals and birds are good for improving Liver Qi, provided they are cooked without thick, creamy sauces. Light, pastel green colour – used in a room where most emotional blocks are suffered – is a simple therapy.

The acupuncture points for Liver Qi deficiency are:

- back-Shu and Luo point of Yang organ.
- UB 18 and GB 37 – Shu point improves function; Qi deficiency generally causes stagnations, and Luo point of Yang organ will circulate this stagnation.

Less wind causes stagnations and blocks. Excessive wind causes excess movement and irritation. These are called wind symptoms.

Wind symptoms: excess liver wind (Qi)

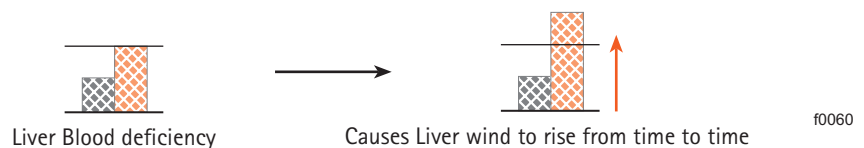
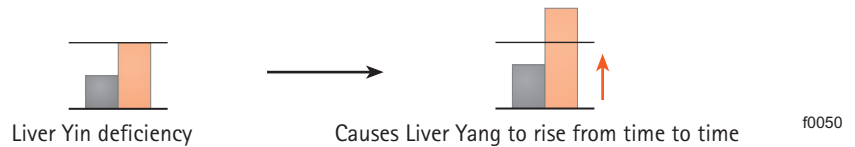
When **Liver Qi rises**, many wind symptoms may occur:

- Wandering symptoms (dermatitis, rheumatism)
- Irritation symptoms (sneezing, itching, tinnitus, photophobia)
- Paroxysmal symptoms (epileptic fits, colic or paroxysmal pain)
- Wind block symptoms (hemiplegia, facial paralysis, stiff neck)

Interior Liver wind can rise due to stress, alcohol, excessive intake of sour foods or excessive eye strain under artificial light (computer, computer games, working indoors for long hours with brightly coloured lights).

Liver Yang excess can cause Liver wind to rise. The wind can also rise when there is a **Blood deficiency**.

When the Yin aspect is deficient, the Yang aspect tends to rise as there is not enough control. In the case of Liver, if Liver Yin is deficient – Liver Yang (heat) tends to rise more often; and when Liver Blood is deficient – Liver wind (movement, restlessness, irritation) tends to rise. Liver wind and Yang could be high at the same time as well.



Treatment for wind symptoms

Usually, if the wind symptoms are localized, this localized area is treated. There are some very effective 'Wind-elimination points' that can be used to eliminate wind from different areas of the body:

If the Wind Symptoms are extensive, then it is necessary to balance the Liver:

- **Liver Yang sedation:** Sedate GB 38 (sedation point of coupled Yang organ)
- **Liver Blood tonification:** Use all the points given on page 392, adding point Liv 5 (Luo point – tonifies Yin, sedates wind)

Box 14.1 Wind-eliminating points

- GB 20 – head and face
- SI 12 – shoulder and arm
- UB 12 – back, Lung and skin
- GB 31 – hip and leg
- Ba Feng – eight Wind points of feet (Liv 2, St 44, GB 43)
- Ba Xie – eight points to remove harmful energy from hands

For the Wind-elimination needle technique, see page 431.

In cases where active Liver wind has blocked the energy flow between the left and right sides of the body, and produced unequal muscle tension on either side (spasticity on one side, or flaccidity on one side), the Liver/Gall Bladder meridians need to be unblocked so energy can flow through from one to the other side. To learn how to do this, see the special techniques on page 435.

14.1.4 Liver controls muscle strength and tension



The Spleen nourishes the muscles. For large and strong muscles, the person should not only train, but also feed their muscles – with proteins. This aspect belongs to Spleen nutrition, the Blood and Yin aspect. If Spleen nutrition is deficient, the muscles will be small, no matter how much training is done.

The Liver Qi – the functional Yang – governs the strength and tension of the muscles. When the Qi is deficient, the muscles are weak and flaccid in general, the reflexes low, the sphincters do not function well and blood pressure tends to be low because the Blood vessels have a low tension. The person is unable to do heavy work requiring muscle strength. When Liver Yang is high, the general muscle tension is high, the person is tense everywhere: colic in interior organs, broncho-spasm, pyloric spasm, raised blood pressure at times of stress, increased reflexes, etc.

The strength of the muscles depends on the Yang of Liver, while the endurance depends on the Blood and Yin of the Liver. People with Liver Yang excess are very strong and can perform activities that require great strength. In people in whom Liver Yin and Blood are insufficient, the muscles tire easily. If Blood and Yin are adequate, then one can do heavy work for a long time without weakening or tiring of the muscles.

Liver Yang is associated with muscle tension. The higher the Yang in the Liver, the higher is the tension. The Yin of the Liver, however, makes it possible for the muscle to relax. However tensed a person is, he or she can relax when they get home, have a meal, unwind and go to bed. But if their Yin is deficient, their Yang is further away from their Yin, so even if the stress factors are removed, the person still feels they are in a Yang dominant state.

Yang tension

Table 14.1	
	
Liver Yang excess in stress, Can relax and feel better when not working. Only a short time is needed for an excess to return to balance	Liver Yang excess in stress, but cannot relax when they stop working, because the Liver Yin is still deficient. A longer time is needed to build up the deficiency
Liver Yang excess – tension during work, can relax when not working	Liver Yin Deficiency – always tensed cannot relax, or needs many days away from work in order to relax
Stress-related symptoms occur during work (Monday morning 10 am), improve immediately on resting	Stress-related symptoms occur at the end of work (Friday afternoon), and need the entire weekend or longer to improve
Headache, asthma, eczema, nervous urination, nervous diarrhoea, vomiting	Headache, asthma, eczema, nervous tics, tremor, nervous urination or diarrhoea

Generally, those with healthy Liver Yin are quite laid back, relaxed people. Their Liver Yang is well controlled by Yin, and it is only in extreme situations that they feel any tension at all. But those with Liver Yang deficiency thrive on stress. Work and a certain level of stress provide them with the Yang they are missing in order to generate the wind or Qi to move their energy flow. As long as their work keeps them active and happily occupied, it is therapeutic for them. But, if in a situation where they find the work difficult or unfulfilling, this can create a block in their

free flow of energy and cause much internal stress (as they have insufficient Yang energy to move these 'blocks'). They will internalize their stress, because the Yang is too low for them to be physically restless. They will **look very calm** through periods of stress, but will **not feel** calm. Their general muscle tone will be rather flaccid, but one part of their body will be very tense – that is the area that suffers the stress and where the energy/blood/body fluid is stagnating:

- If it is the Stomach, they could suffer from pain, hyperacidity, ulcers.
- If it is the skin, they could have eczema.
- If it is the blood vessels, they may have high blood pressure, or headaches or mental depression with suppressed aggression.

Liver Yin and Yang deficiency

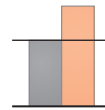
Here, the patient is always tensed and stressed. Everything is 'too much' for them, even if they do not have to do anything. Their muscles are weak but tensed, with nervous tremor or tics. Their blood pressure can vary greatly between high and low, which makes it difficult to give them medication.

Treatment for stress and tension

General points

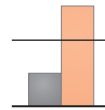
Liv 3, Lu 7, Du 20

Liver Yang excess:



- Sedate GB 38 (indirect sedation of coupled Yang organ)
- Sp 6 descending technique (as Liver Yang always rises, this will help move it downwards)
- Some Tranquillizing points
- Meditation or relaxation, deep breathing
- Avoid alcohol and sour foods

Liver Fire:



- Same therapy as above.
- Instead of sedation of GB 38 – give Liv 5 Luo point
- If necessary add GB 40 sedation (Yuan-source point)

Liver Yin deficiency:



- Liv 1 (Own-element point) or Liv 5 (Luo point).
- Tranquillizing points.
- Liver Yin deficiency often goes together with Kidney Yin deficiency. If Kidney Yin is deficient, then substitute Liver Yin tonification with K 7.
- Liver Yin deficiency could also occur with Blood deficiency symptoms, and in these cases, points for Liver blood tonification (p. 396) should be given.

Liver nourishes and controls tendons

Tendons are important for the mobility of our joints, and their suppleness depends on Liver Yin, and Liver Yang gives them firmness. In acute tendonitis, where there is inflammation, Liver Yang is in excess. If the inflammation lasts a long time or is recurrent, Yin gets consumed. This makes the tendon hard, contracted and shortened. The extension movement of the joint becomes limited; the tendons can rupture easily, and healing will be retarded.

In chronic overuse, the tendons are already deficient in Yin. Heat is generated when the joint is used – and more heat than usual will be generated because of Yin deficiency (as it cannot control the Yang efficiently). This is why the patients suffer recurrent inflammation and repetitive stress pain in tendons and joints.

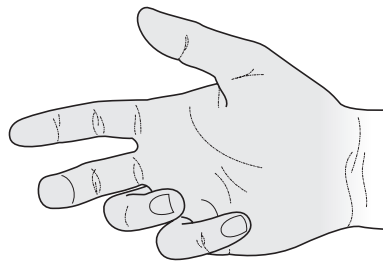
Joints tend to become stiff and creaky in Yin deficiency. Just like a door that creaks needs to be oiled, a creaky joint also needs lubrication – and fish oils are very good for this purpose. In fact, raw oils (as used in salads or in marinades) and butter or cream in moderation can be used as well.

In Liver Yang deficiency (or Yin and Yang deficiency) the tendons tend to become soft and weak. They do not provide stability to the joints, resulting in hyper-mobility. This can lead to joint pains and sprains occurring easily.

For treatments of musculo-skeletal diseases, see pages 376-381.

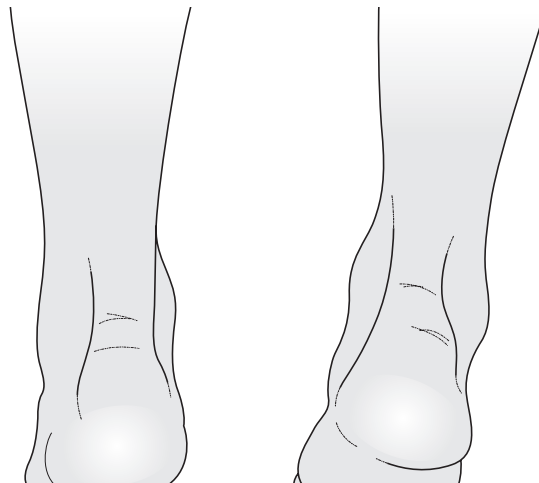
CLINICAL EXAMPLES: CONTRACTURE OF TENDON, PROBLEMS WITH EXTENSION OF JOINTS

Dupuytren's syndrome



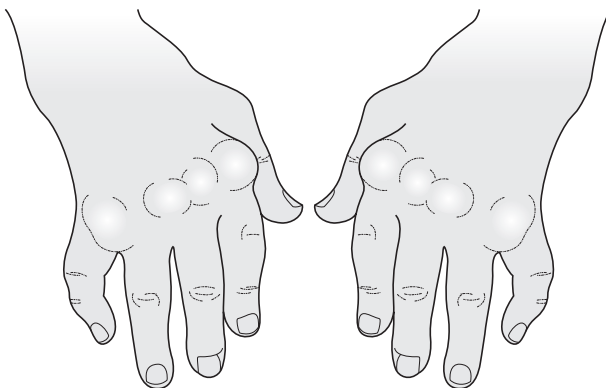
Notice the hardening of tendon on palm and contracture of ring finger

Achilles' tendonitis

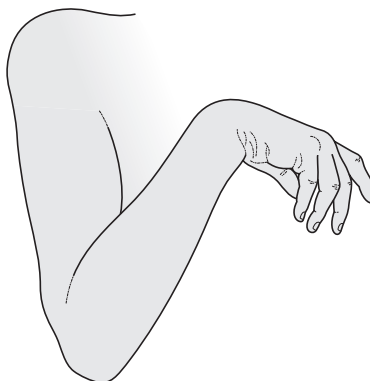


Notice the hardening of the Achilles' tendon, and raised appearance of the heel.

Arthritis



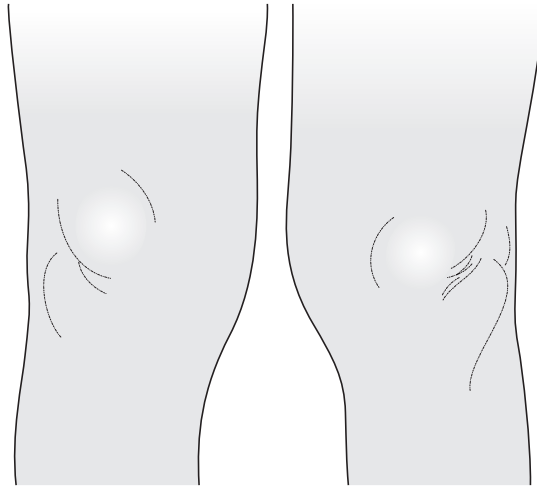
Notice deviation of fingers and wrist, and contracture of the biceps tendon in hemiplegia



Contractions are caused by Liver Yin deficiency and Liver Yang has a tendency to rise during activity

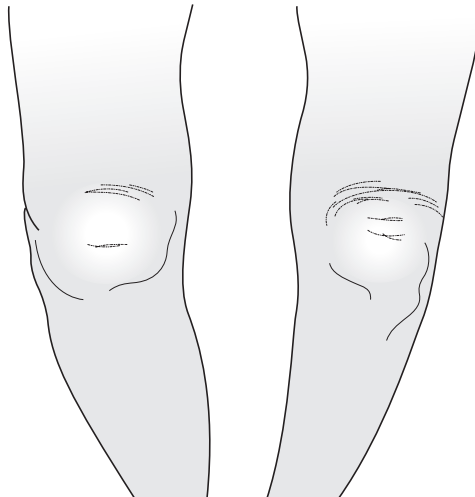
CLINICAL EXAMPLES: WEAKNESS OF TENDONS AND MUSCLES

'Knock knees' in osteo-arthritis of knee



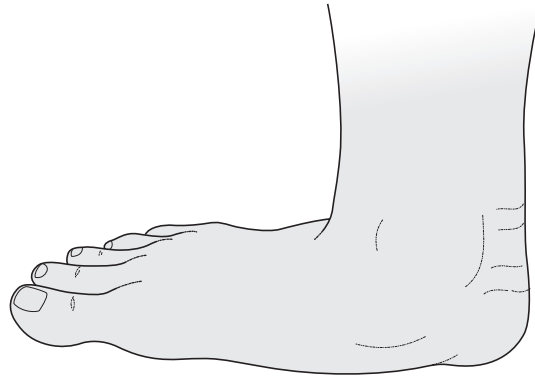
The medial side of the knees are weak, this causing the 'knock' effect and pain

'Bow knees' in osteo-arthritis



The lateral knee is weak, causing an 'O', with weight falling on the medial side

Flat feet



Flat feet are caused by weakness of the Kidney meridian at the arch of foot, causing many pain problems on the foot and postural problems along the inner leg

14.1.5 Liver opens to eye

We can see because the Liver Energy enters our eyes. If the Liver Qi* is weak, or it cannot enter our eye, we will not be able to see. All problems with vision are primarily caused by imbalances of the Liver, and other organs are associated with different aspects of the eyes, – thereby affecting sight as well.

Both short- and long-sightedness are related to poor function of the eye muscles that operate the lenses, and are Yang deficient states of the Liver. There seems to be more Liver Yin in long-sightedness than in short-sightedness. Patients with long-sightedness have problems reading in the evenings, they seem to need more light than others, where as the amount of light does not seem to be an issue in short-sightedness.



Short-sightedness

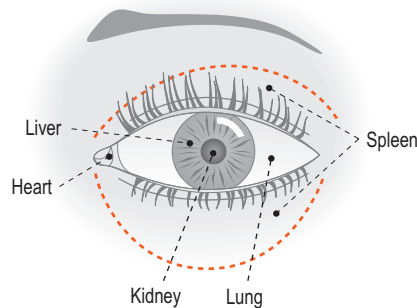


Long-sightedness

f0115

Of course, short or long-sightedness could be a chronic problem in patients who have more recent disease states in the Liver. Therefore, this should not be the only factor one should consider while making a diagnosis.

* Liver Qi not only helps us to see what is before us, it also helps us to see a situation clearly – to be able judge and sift the main issues from the side issues, to be able to visualize the future and work towards this. If Yang is deficient, one becomes 'short-sighted' and confuses the main problem with the less important problems, and one works without a vision for the future.



The illustration of the eye above shows the associations between other organs and the eyes. We should bear in mind that the Liver is always affected in eye problems.

- The cornea – the cornea, sclera and conjunctiva are like the skin of the eye. They are therefore associated with the Lung. Dryness, astigmatism and such problems are similar to dry skin – Lung Yin deficiency (of course, also Liver Yin deficiency). Conjunctivitis and itching of the eyes is common in hay fever – symptoms associated with wind-heat in Lung, as similar changes of irritation, sneezing, and runny nose are present in the respiratory system as well.
- **The iris** – is a muscle that widens and contracts to let light in or keep it out, respectively. If the function is good, it will move quickly, enabling us to adjust quickly to changes in light. If functional Qi is deficient, the iris reflex slows down and adaptation to light changes takes much longer, so a person is temporarily blinded when coming into a bright area or takes much longer to see clearly when going into a dark room. Iritis is a Yang excess of the Liver, and following recurrent inflammation, there could be a deficiency of Yin and the Iris becomes contracted and has difficulty expanding.
- **The medial canthus** – is related to the Heart. It is red and irritated in a Yang dominant state of the Heart, the redness spreading to the white of the sclera. In Yin states, it is pale or greyish, and has a sunken appearance.
- **The pupil, the lens and the vitreous body** – of the eye are governed by the Kidneys. Cataract and turbidity of the vitreous body indicate concentration of fluid – a dryness of Kidney and of course, Liver Yin. Glaucoma, or increased eye pressure indicate stagnation of fluid – Yin stagnation in Kidney and Liver.
- **The upper and lower eyelids** – are related to the Spleen. When Spleen function is deficient and it does not circulate fluid to the periphery, the patients have oedema in the hands, feet, tongue and in the eyelids. And, in the case of gastritis or hyperacidity in the Stomach, it is possible that the eyes have a 'red eyeliner' type appearance.

I have discussed common eye diseases and treatment in detail on pages 407-409.

Table 14.2 Liver opens to eyes

	Liver	Short-sightedness
	Liver	Long-sightedness
	Kidney, Liver	Cataract, turbidity of vitreous body
	Lung, Liver	Conjunctivitis
	Spleen	Puffy eyelids
	Liver	Iritis
	Liver, Kidney	Glaucoma
	Kidney, Lung	Astigmatism

14.1.6 The secretion of liver – tears

Tears as a secretion of the Liver should not be confused with the emotional tears of weeping. The former are only for lubricating the eyes and to protect them from dust and other impurities. When the Liver is Yin deficient, the eyes tend to be very dry. This can make them very sensitive and be a cause of recurring conjunctivitis. When tonifying Liver Yin, it is important to check if there is also an underlying Kidney Yin deficiency. If so, it is more important to tonify Kidney Yin and to drink Water.

In Liver Yin excess, one tends to have excessive lacrimation, for no obvious reason. In Liver Yin and Yang deficiency, patients tend to have both dryness and excessive lacrimation – albeit at different times.

14.1.7 Liver nourishes nails

The nails get their nutrition and strength from Liver Yin and blood; and their shine and speed of growth from Liver Yang. In a Yin or Blood deficiency state, the nails become dry, ridged and uneven, tending to split easily. The nail beds tend to become red and angry, and there is a tendency towards frequent nail bed inflammation in Liver Yang excess.

14.1.8 Associated emotion – anger

All emotions have their good and bad aspects. If life was to be without aggressions, it would not have begun in the first place. The moment of birth is associated with much aggression and shouting, with the mother, doctor and the baby – all screaming. If the baby does not use aggression against the mother who carried him or her in her womb all these months, it would not be born. If a seedling does not burst through the skin of the seed, or if the chick does not break its shell, they would die at their moment of birth.

Anger and aggression are emotions that give us the power to fight for our rights – if not other people could walk all over us. It is also a question of our self-worth. But if anger was the first emotion in every case – no matter what the case might be – it would show an imbalance of Liver. During a moment of aggression (when shouting, attacking another person either verbally or physically, and being very tense) the Liver Yang rises very high. Similarly, a person who has excessive Liver Yang would act in an aggressive way. Even if they want to simply say to another person that they love them, it sounds as if they wish to kill them!

How soon should people get angry? How well can they control themselves when they are angry? This depends on the Liver Yin. Just as a kettle with less Water would come to the boil quicker (and burn if it continues to boil with little Water), a person with less Liver Yin would get angry and lose control of themselves easily when angry. When an irritated, exhausted housewife/mother complains that she is losing her temper with her children and feels guilty later, she needs help – she needs tonification of her Liver Yin.

In Liver Yang deficiency, one has problems getting angry – even in a deserving situation. There is even a fear of encountering aggressive situations (especially in a combined Kidney Yang deficiency), even when these are not targeted at them. By the time such people feel anger, the person who made them angry has long left the scene. Others are quicker to react, but are left frustrated with a lot of unvented anger. It is interesting to note that their voice gets softer when they feel anger. This anger that they swallow makes them feel frustrated, blocks their energy and makes them ruminate over and over again about the issue. They become introverted, internally tense and show the aggression in passive ways. Finally, when they get to the point when they cannot contain it any more, they become very aggressive – or go into a manic phase following the depression.

Box 14.2

It is said that those with Liver Yin deficiency are looking for a good fight, while those whose Yang is deficient would any day walk away from a fight.

People with Liver Yin excess do not get angry, whereas Liver Yang excess personalities only know anger.

14.1.9 Associated flavour – sour








The body always wishes to balance itself. When there is a deficiency, the body tries to bring it to a balance by craving certain foods or by avoiding certain foods, when there is an excess. We can understand the imbalance if we can recognize these extreme likes or dislikes in our patients.

For instance, when a pregnant woman craves for pickled cucumbers, it means that she has a Liver Yang/Qi deficiency that the body is trying to fill. Sour and bitter-sour flavours, such as in pickled foods, lime, lemon, grapefruit, citrus fruits when they are not ripe, tomato, sour pineapple and wine, increase the Yang of Liver. If the Liver Yang is high, these foods worsen any symptoms of disease that the patient is suffering from. Skin itching and eczema, wandering-type rheumatic pain of the joints, migraine attacks and even epileptic fits are known to worsen with the consumption of these foods. Such patients should be advised to avoid these foods.

In Liver Yin deficiency, there is a noticeable craving for sweet-sour and cream-sour flavours, such as sweet oranges or ripened citrus fruit, sweet tomato, yoghurt and sour cream. If combined with a Stomach Yin deficiency state, such people also crave oily foods such as butter and deep fried foods, as well as sweet creamy flavours – which could cause an over-weight problem.

In Liver and Gall Bladder Yang or Qi deficiency, there is a dislike of and intolerance to milk, though not necessarily to other milk products. Milk causes nausea, and fatty foods can create distension below the ribs, causing loud and long belching to alleviate the feeling of fullness, and fatty yellow stools follow.

When patients have both Yin and Yang deficiencies of the Liver, then they crave all these foods and suffer afterwards. This is because whichever energy is increased, it will cause a relative excess when compared with the side that is deficient.

● Craving sour flavour	Liver	
● Craving bitter-sour flavour	Heart, Liver	
● Craving sweet-sour, cream-sour flavour	Liver	
● Crave for butter, oily, fried and cream-sweet	Liver and Stomach	
● Symptoms worsening after sour	Liver	
● Dislike, intolerance to milk	Liver	
● Crave for sour, but problems afterwards and		
● Crave for sweet-sour, but problems afterwards	Liver	

14.1.10 Energy-giving colour – green

As the colour of Wood, all shades of green affect the energy of the Liver and Gall Bladder organs. When one is tense or angry, it is very relaxing to take a walk in the woods or in a park. Operating theatres and the medical staff uniforms are often in pastel shades of green, to help them manage their stress with ease.

Deeper shades are generally Yin in nature – they are cooling and calming. Brighter shades generate more heat and Yang – this include bright greens and lemon greens in Wood Element. Pastel greens improve the movement of energy or Qi of the Liver and Gall Bladder. Again, the strong likes and dislikes a person has during a particular time of their life give us clues about their excesses and deficiencies. The body always tries to balance itself by either drawing energy from its surroundings or discharging energy to its surroundings.

Colours are very therapeutic and we can suggest appropriate colours to our patients so that they can continue to have therapy in the form of colour while in their home or workplace. For instance, there are many patients who work at a computer for long hours. The artificial light irritates their eyes and causes a Yang dominant state. Placing a plant with a lot of deep green foliage next to the computer is a very simple and effective way to counteract the artificial Yang with some natural Yin, thereby reducing the pathogenic effect. It is good to paint the walls pastel green in a room where there should be creativity and easy solutions. This will make the energy flow through the person without blocks and no problem would be too hard to solve. For those who tend to overeat during stress, it is therapeutic to use dark green eating plates, a green tablecloth and green plants in the dining room, so they do not confuse stress with hunger.

14.1.11 Associated season – spring

Spring marks the beginning of a new yearly cycle, when the seeds begin to sprout out of the cold, dry earth, and flowers start to blossom. In our life, this is comparable to the time of birth – the emergence of the small but strong Yang out of the extreme Yin. This is also the reason why animals and plants have a great amount of Liver Yang and Qi at this period of their lives. Consuming sprouted seeds and young animals will increase our Liver Yang and Qi too.

The period of spring is a very Yang time for Liver. Many wind diseases appear or worsen at this period – hay fever, allergic asthma, wandering joint pains, dermatitis to name a few. Many patients tend to have a wiry (tense like a guitar string) pulse during these months, which is the typical pulse quality for Liver wind.

14.1.12 Associated climate – wind

As Liver is the organ that generates interior wind, it is also the organ that is most vulnerable to exterior wind. The symptoms caused by Liver Qi deficiency tend to improve in windy climate; and those with excess of Yang seem to feel worse when exposed to wind. Does that mean that patients will always decide correctly what is best for them? I will answer this question after the following example.

CLINICAL EXAMPLE: FEMALE, 56 YEARS

This housewife came to me with acute pain in the left neck and shoulder with limited mobility for about 10 days. She had already visited her doctor who had given her Co-proxamol tablets, two tablets to be taken four times daily. She was still in pain, and was also sweating profusely as a side effect of the tablets.

After the first treatment of Local and Distal points, one-point therapy on point TW 6, she felt very well. But when she came for the second treatment, she had a similar pain as on the first day, this time on the right side. I then treated both sides, and also performed the Wind-elimination sedation needle technique on points GB 20 and SI 12. She could move without any restrictions or pain after the treatment, but some of the pain returned and she had to take her tablets – all eight of them.

I was quite perturbed by the return of the pain and the reason for this. One day, when treating the points on her neck, I commented on how her neck was soaked with sweat, and that the tablets were causing this symptom. She agreed that this symptom was new for her and added that she had started sitting in her kitchen with the wind blowing through from the open garage door in a straight line to the kitchen door that opened to the garden! So that was the reason for the return of the wind block pain! She had had pain caused by exterior wind blocking in one area in the first place. She took tablets for the pain, the side effect of which was excessive sweating. She felt hot and sweaty and therefore sat in a continuous draught all the time – thus causing more wind to flow from the exterior and block on her neck – causing stiff neck.

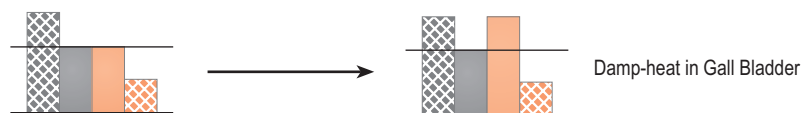
I advised her to change the pain medication and take less of it, and explained to her the reason why I thought she was not improving. She sweated less with the new medication which she also used in moderation, and stopped sitting in the draught. Her pain disappeared after three more sessions.

So, the answer to the question above is 'No, the patients do not always know what is good for them.' The body does give us correct signals, meaning if there is a Liver Qi deficiency – the body needs wind. But, **if there is also a Yin or Blood deficiency at the same time**, then this may cause wind symptoms. Therefore, we cannot always listen to what the body likes as the correct solution to our imbalances. This may be the reason why we sometimes crave for things that are actually bad for us, which worsen our symptoms.

14.1.13 Coupled organ – Gall Bladder

The Gall Bladder and Liver are coupled organs because they have an interior-exterior relationship. Each time there is an excess of Yin or Yang in one organ, it flows through the interior collateral into the coupled organ – causing a similar excess in that meridian. If there was a Yin or Yang deficiency in one organ, then energy would flow in automatically from the coupled organ in order to fill that deficiency, until both coupled organs had a new, lower level of Yin or Yang.

But the Gall Bladder has symptoms of its own. It is an organ that stores and releases Bile. A functional Qi deficiency in Gall Bladder can cause problems in digesting fats, causing hypochondrial pain and distension, followed by pale yellow coloured fatty stools. A sluggish Gall Bladder function can cause bile stagnation, which could lead to **cholecystitis or damp-heat in the Gall Bladder**.



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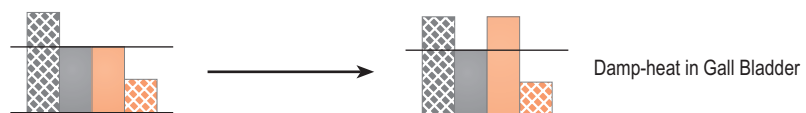
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Long-sightedness



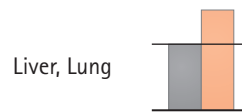
Liver Qi deficiency with Yin stagnation

Treatment

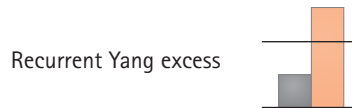
- Same Local and Distal points as for short-sightedness.
- Energy-balancing points
 - UB 18 (back-Shu point of Liver)
 - GB 37 (Luo-connecting point of Gall Bladder – tonifies Yang and sedates Yin)
- Most effective point: GB 20

Effectiveness depends on the severity and chronicity of the visual impairment. Recent and mild problems improve quickly and do not reoccur.

Conjunctivitis



Liver, Lung



Recurrent Yang excess

Treatment

Not many Local points are used:

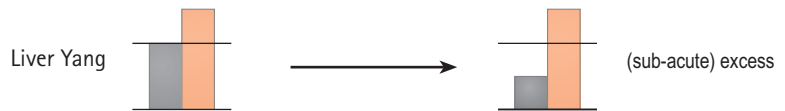
- Local: Ex 2 (Tai Yang)
- Distal: LI 4
- Energy-balancing points:
 - GB 20 – Wind-elimination sedation (eliminates wind-heat)
 - Liv 6 sedation (Xi-cleft point)
 - Lu 6 sedation (Xi-cleft point) – not always necessary

When recurrent, give these points in between:

- Liv 5 (Luo point – tonifies Yin and sedates Yang)
- Lu 7 (same as above)

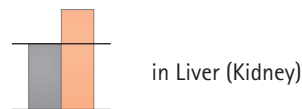
By stimulating the Luo point when the Yang is not high we can **prevent the Yang from rising**. This type of preventive treatment is usually done in recurrent states in which the Yang may rise intermittently.

Iritis



Same treatment as conjunctivitis, but treat only Liver – not Lung.

Optic neuritis



Treatment

- Local: St 1, GB 14, Ex 2 (Tai Yang)
- Distal: LI 4, Liv 3
- Effective point: GB 20

Tonification or sedation techniques are not used unless there are symptoms related to irritation or lacrimation. No wind elimination is done. Often, optic neuritis is an early symptom of multiple sclerosis. Treating it as early as possible will not only relieve the eye symptoms (often some pain and focusing difficulties) but also abort the multiple sclerosis disease process.

14.2.2 Headache

Not all headaches are related to Liver and Gall Bladder. But many headaches, especially those that come on with tension and stress, or with menstruation – definitely belong to the category related to these organs. However, I am using this opportunity to discuss various other types of headache as well.

One could have a simple treatment plan (a cookbook one not involving energy analysis) for all headaches as follows:

- Local points – 2 or 3
- Area Distal point – LI 4 (Lu 7 if it is an occipital headache)
- Symptomatic point for headache – GB 20
- Symptomatic point for nausea or vomiting – P6
- Influential point for muscle and tendons – GB 34 (if it is a tension headache)
- Influential point for marrow – GB 39 – (if a nerve pain or all over the head)
- Influential point for blood vessels – Lu 9 (if pulsating pain)

However one can improve on this a great deal, that is, we need to treat the meridian or the area of the headache, the nature of the headache and the cause of the headache. We need some answers to the following questions:

- Where does your headache occur?
- How would you describe the pain?

- Does it start slowly or does it worsen quickly?
- What could bring on your headache?
- What makes it better?
- How often do you get a headache?
- How long have you had your headache?

Are there any associated symptoms? The answer to the first question in the list above may be indicated with a finger (in which case we have no doubt as to which meridian it is on), or with one or both hands (in which case we need to go by the empirical knowledge of our ancestors as to which organs manifest pain in which areas of the head). We then have to analyse if it is a Yin dominant or Yang dominant headache.

If the patient indicates a point on a meridian – GB 14 or St 8 for example – this would be the meridian we would proceed to treat. What if the patient points to the entire forehead or occiput? Well, each of these areas is associated with two organs (which are also of the same polarity).

Areas of the head

- Frontal (forehead, both temples and sinuses) – Stomach, Large Intestine
- Side (one sided at a time, half-sided) – Gall Bladder, Triple Warmer
- Vertex – Liver, Pericardium
- Occiput – Urinary Bladder, Small Intestine

Frontal headaches are related to either the Stomach or the Large Intestine. If you need to be sure, ask about bowel movements, hunger and thirst, etc. These frontal headaches could also be sinus-related (lung–large intestine connection).

Headaches on the side of the head are always Gall Bladder related, except in cases when they are around the ear – when they could be from the Triple Warmer. It is important that they should be one-sided at one time, though it is possible that they could change sides. If a headache occurs in both the temples at the same time, it is more likely that it is variation of a frontal headache.

Vertex headaches are associated with the Liver. These are often stress related.

Occipital headaches are very common. These can occur together with neck and shoulder pain, with low back pain or with menstrual bleeding. The first two are associated with the Urinary Bladder meridian and the last with the uterus – an organ which is directly associated with the Urinary Bladder meridian.

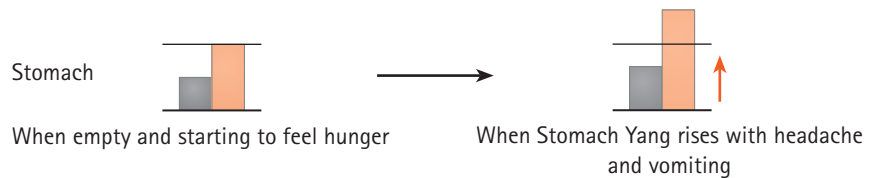
I would now like to share with you some interesting cases of headache that I have treated in the past years.

CLINICAL EXAMPLE: MALE, 32 YEARS

This young carpenter had been having a bilateral temporal headache for the last three to four years. The headaches occurred quite often, nearly daily, and mostly on working days, in the afternoons to evenings. They started slowly around 3 pm and developed into a severe exploding pressure by the time he got home, which was around 6.30–7 pm. He could stop the headache occurring in the afternoon if he ate something. However, he would start vomiting once the pain became worse, and then he could not eat or even take a painkiller. He was much better during the holidays.

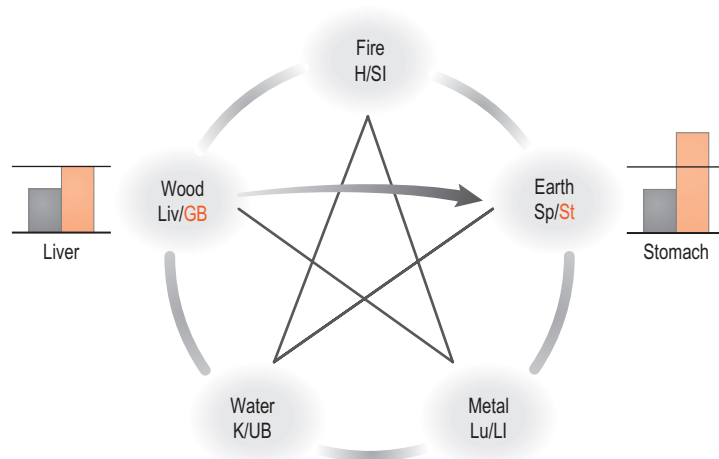
When I asked him about his eating habits, he said that he had cornflakes with milk for breakfast and started work early. His work was very physical and mostly he did not bother with lunch. If he had time in between, he would have a packet of crisps and a coffee. He liked having a warm meal in the evenings, but if he had a headache he could not eat. He had lost much weight recently, and was feeling rather weak. His acupuncture sessions were usually after work and on his way home, so he often came with headache and vomiting. Though he was rather pale, I noticed that he often bled when I removed the needles and that the bleeding did not stop easily.

After listening to his story and witnessing his headaches, I became convinced that it was Stomach related. He had very little to eat in the day, and had a very physical job and did not eat lunch because he was sitting on some rooftop doing the woodwork. His headache occurred in the forehead region – both sides – that was the Stomach and Large Intestine area. He could stop the headache progressing if he ate something early enough. If he missed that time, then his Stomach Yang would begin to rise, making the headache much worse and with vomiting when the Stomach became hyperactive. It was then too late to eat.



I advised the patient that he had to eat better, and also before he started vomiting. He needed to eat lunch and even something around 3 pm so that his stomach would not be empty. Sandwiches with **meat, cottage cheese, and a banana** were easy foods to keep in a backpack that he could keep near him where ever he was working. **Milk drinks** instead of coffee would fill and nourish him better. He was not happy, but decided to give it a try for a week. He had no headaches or vomiting at all for that week. He also felt much better and stronger in himself.

In my acupuncture treatment, I also added Liver Yin tonification. There were two reasons for doing this. First, Liver stores Blood within vessels, and a Yin deficiency causes problem with coagulation. Second, Liver Yin nourishes Stomach Yin and controls Stomach Yang.



The treatment for this patient was:

- Local: Ex 2 (Tai Yang) both sides
- Distal: LI 4
- Symptomatic: GB 20, P 6
- Influential: Ren 12 (for Yang organs)
- Energy-balancing points:
 - Liv 1 (Wood point – tonifies Yin)
 - Spleen 21 (Major Luo point – tonifies Yin from Yuan)
 - St 42 sedation (Yuan-source point sedates Yang)

Before making the diagnosis, I treated him thrice without success. After seeing him through two headaches, I changed the treatment to the one above and treated him once per week, four times in all. He has no headaches now.

CLINICAL EXAMPLE: FEMALE, 37 YEARS

This patient was a conference manager and had a very busy and demanding job at large conference centres. It required her to travel, to walk and to be on her feet all day long, sometimes for more than 14 days at a stretch. Since about the same time of starting this job, she had had headache every month, which always came on the first day of her period, and lasted for two to three days. The first day was her worst. She had to take medication and retire to her bed – no matter where she was. The second and third days could be sometimes slightly better, but she still had to stay in bed. After the headache had gone, she would feel drained and weak for another few days. This did not suit her demanding job.

She described the headache as starting exactly on point UB 2, right side worse than left, and travelling over the head to the occiput. On examination, points UB 10 and GB 14 were tender to pressure. The pain was of a pulsating nature, and she reacted to sound more than light during the headache. There was no nausea – only a feeling of apathy and general malaise. Her doctor had suggested contraceptives, but she did not want to take these.

To me this was clearly a Urinary Bladder Yang excess headache because it manifested on the meridian and it appeared on the days of menstrual bleeding. The uterus in a woman is an organ that is directly associated with the Urinary Bladder meridian. We all know that giving moxibustion to point UB 67 (the Tonification point of the Urinary Bladder) helps to reduce a malposition of the fetus in pregnancy. This is made possible by causing small contractions in the uterus that then turn the baby around. This same point is used with a needle during childbirth to strengthen the uterine contractions. At the same time, sedation of point UB 65 will reduce uterine contractions. So the Urinary Bladder meridian is directly associated with the uterus. (In men, the prostate gland has a direct association with Urinary Bladder meridian.)

In the patient above, the headache, manifested on the first day of her period – the day of the maximum bleeding for this patient. This was the time the activity and Yang in the Urinary Bladder was highest in the month. The pain was Yang in nature – as it was a pulsating pain, and the patient was hypersensitive to sound (the ear is associated with Kidney/Urinary Bladder). I decided that her Urinary

Bladder Yang must increase every month on the days of her period, thus producing a Yang dominant headache. For the Yang to increase each month, it also means that the Yin is weak, so it cannot control the Yang. If I could tonify the Yin between the headaches, this would prevent Yang increasing.

Treatment

- Local: UB 2, GB 14, UB 10 both sides. I always selected the tender points here.
- Distal: LI 4 (Area Distal point for head and face)
- Symptomatic: GB 20 (for headache)
- Influential point: Lu 9 (for the pulsating pain)
- Energy-balancing points:
 - K 4 (Luo point of Kidney – tonifies Yin and sedates Yang. This would be excellent in preventing the increase of UB Yang)
- **UB 64 sedation** (I gave this only if the treatment occurred on the days close to the period)
- **Ren 3** (Mu-front point Urinary Bladder – cools and calms organ)

I treated the patient once weekly for three months. She did not have any headaches from the time we started treatment, even though she sometimes felt as if she might get one. She could not come every week for treatment, as she was sometimes out of town. Now, three years since her first course, she still comes to me three to four times a year ‘just to make sure’ that she will not have the headaches again. Her periods are still regular.

CLINICAL EXAMPLE: FEMALE, 58 YEARS

This headache pattern is so common I think I see these patients every day. We live in cities with much pollution, or the in countryside full of pollen and near farmland sprayed with many chemicals – our nose and sinuses are always irritated by these factors. Many patients suffer from chronic sinus problems, and some are not even aware of this fact.

The above patient came to me with frontal headache, on the forehead from hairline down to nearly half the face, including the area of the maxillary sinus. She had pain on both temples extending to the ears, but the eyes did not hurt. It was a dull, heavy headache. She woke up with this headache every morning and it made her dull and irritable. She was never a morning person because of these headaches. Painkillers did not help and she had no appetite in the mornings. She started feeling better during the day, and was well around noon. The headache would be worse if she stayed in bed longer, and then it also took longer to improve.

The patient was pale with a puffy appearance of the face. She never smiled. Her typical response to any question was a ‘No’ first, and then she would consider it. It was difficult to diagnose the cause of her headache, as she did not have any Stomach problems or Large Intestine symptoms. The headache occupied a large area of the face and she claimed she had no nose or sinus problems either. Her teeth were okay too. I gave her some Local and Distal points but she continued to have the daily headaches and her bad mood persisted, not making it easier for either of us.

I had noticed earlier on that she had a habit of sniffing very often. This was more noticeable in the mornings and not too bad in our evening sessions. (I preferred to see her in the evenings when her headaches were better.) I once asked her about it, and she said that she did not sniff. When all other possibilities of diagnosis failed, I decided to pursue the point about the sniff. Even though she had no history of nose and sinus problems, she had pain in the areas around both frontal and maxillary sinuses. More over, she had a damp pain on the face – as dampness settles on the head and face when in bed, and drains downwards when upright. It is possible that her sinuses were affected by chronic damp stagnation.

The treatment based on these findings was:

- Local points: UB 2, St 3 given in the direction of LI 20, Ex 2 (Tai Yang)
- Area Distal point: LI 4
- Symptomatic points: GB 20, St 40 (for circulating dampness)
- Energy-balancing points:
 - UB 13 (Shu point of Lu – improves function)
 - LI 6 (Luo-point, tonifies Yang and sedates Yin)

I asked her to avoid refined sweets and fatty milk products.

She had 14 sessions in all. The first week, I treated her four times. The second week it was three times, and so on. I also gave her some Heart Yang tonification later: UB 15, SI 7. I argued that the Lung could use some help from its neighbour. She first admitted to feeling better only after two weeks of treatment. But I knew she was better, if not she would not have continued to come – and she had stopped her sniffing. When I commented on it, she told me that she had never sniffed!

CLINICAL EXAMPLE: FEMALE, 78 YEARS

This patient was among my first patients at my practice in Birmingham. She was a very bad case of rheumatoid arthritis, wheelchair bound. She was on a small but regular dose of prednisolone, less than 5 mg daily for over two years. She depended on her elderly husband to bring her for treatment. Most of her joints were quite stiff, with little mobility. But she was cheerful, with a red face and chatted easily. The muscles on her arms and legs were quite atrophied, and she had little movement in her fingers.

The problem she came to me with was that her temporomandibular joints were very tense and she could hardly open her mouth to chew. While eating her food, she experienced severe pain in both jaws and also in her head. This pain could last for days, thus making it impossible to eat. The headache occurred on both sides of her head, one side more than the other, on the temples and parietal areas. When examined, she had much tenderness in these areas.

She had had acupuncture before at the hospital pain clinic, which had involved treating mainly the Local points of pain. She had felt no improvement, and had decided to try private treatment, even though she could ill afford it.

I examined her thoroughly. The only marked imbalance I could notice was the difference between her upper and lower body. Her face was red and her head was hot. She talked a lot and was in a good mood. Her lower body was very cold. Her ankles had cold oedema and the skin here was very thin. On the whole, I saw that all her Blood and energy was in the upper body, leaving the lower part very deficient and cold.

All the treatment she had had previously concentrated on the part of her body that had the heat and energy. I decided to concentrate on the part which needed the heat and energy. My argument was that if I got the Blood and energy to flow to the legs, then they had to come from the upper body – thus reducing heat and energy there.

Treatment

- **K 3** – Earth point of Kidney (Grandmother point – tonifies Yang)
- **UB 58** – Luo point tonifies Yang and sedates Yin
- **St 40** – Symptomatic point for dampness
- **K 1 moxa only** – to warm the feet
- **Ren 12, 17 and 24** – to ascend the Yin to the upper body
- **Lu 7** – Confluent point of Ren channel to increase general Yin
- **Few tender points on the head** (these areas changed each time)
- **GB 20** – Symptomatic point for headache

Initially, I treated her twice a week. Soon we increased the interval between sessions and I saw her once in one or two months. She was fine between treatments and could chew her food without pain. But we could not stop the treatment. I treated her for over five years, until she recently passed away, after a stroke.

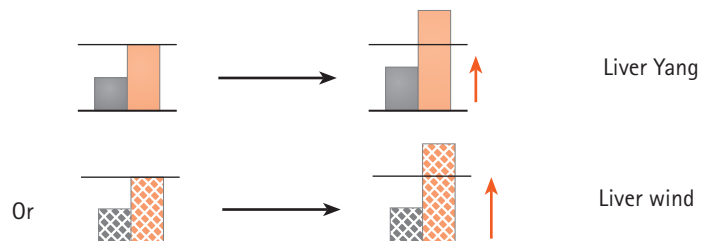
As you can see, every headache has a story behind it. If we take care to listen and put two and two together, we can diagnose the cause easily – then proceed to correct the imbalance. When the diagnosis is not clear, one can treat with Local, Distal and Symptomatic points only for a few times – until we are better able to understand the imbalance.

14.2.3 Epilepsy

In Sri Lanka, epileptic patients are quite commonly treated with acupuncture. They take few medications, mostly only phenobarbital. The treatment is very successful, and there are many patients who could stop medication and acupuncture treatment within six months. Though every patient is unique, below I have summarized the common imbalances in these patients.

During a grand mal seizure, patients have convulsions and are unconscious. The Liver wind seems to be high at this moment. One can use points **Du 26 and K 1 (revival points)** at this time, and the fit will stop in seconds. The only time these points will not work is in status epilepticus.



The main treatment is therefore, to prevent the patient having a fit. This means that we need to tonify Liver Yin or Liver Blood during the interval between fits.



Liver Blood deficiency can cause the Liver wind to rise. Or Liver Yin deficiency can cause Liver Yang to rise, and this may generate Liver wind. Although both reasons are possible, the diagnosis should be clear, so that the correct energy-balancing treatment is administered.

I would like to differentiate between Liver Yin deficiency and Liver Blood deficiency symptoms here, so that it would be easier for the reader to decide what is necessary for the patient.

Table 14.3

Liver Yin deficiency	Liver Blood deficiency
 <ul style="list-style-type: none"> ■ Dryness – gritty eyes with recurrent conjunctivitis, burning, redness ■ Recurrent tendon inflammation, contractures, poor extension, easy ruptures, poor healing, muscle pains worse in activity, muscle tension, difficulty relaxing ■ Tendency for Yang to rise – high Blood pressure, spontaneous excessive bleedings (menstruation, nose bleeds) delayed coagulation, tension, stress ■ Headaches during menstruation ■ Tense person – can be aggressive ■ Dry, brittle nails, nail bed inflammation ■ Tongue sides cracked, red papillae ■ Liver pulse deep and wiry ■ Nervous tics and tremor vomiting 	 <ul style="list-style-type: none"> ■ Pale – blurred vision ■ Dizziness, light headed ■ Arms and legs easily go numb, numbness improves with movement weakness of muscles ■ Tendency for wind symptoms – nervous itching, sneezing, wandering symptoms, sound and light irritability, suddenly appearing symptoms, long menstrual cycles with scanty bleeding ■ Headaches after menstruation ■ Weak, nervous person, irritable ■ Bites nails, white patches on nails ■ Tongue sides pale ■ Liver pulse thin and hollow ■ Inner tremor, uncontrolled upward staring eyes, colic
Treatment	
Tonify Liver Yin: <ul style="list-style-type: none"> ■ Liv 5 (Luo) GB 40, sedation K 7 (often Mother is dry as well) ■ Water and salty food are good ■ Relaxation, meditation ■ Du 20, P 6 ■ Fish oils, cream and sweet-sour ■ Avoid sour, alcohol 	Tonify Blood: <ul style="list-style-type: none"> ■ UB 17 (Influential point) Sp 10 (Sea of Blood) ■ Ren 14, H 9, UB 15, SI 3, tonify Heart Yin and Yang ■ GB 39 – Influential point – marrow ■ Wind-elimination points ■ Avoid sour, alcohol

To tonify the deficiency in the Liver is half the work done. The next half is to treat the Heart. Because, if and when the Liver wind-heat ascends, it needs a place to flow to. If it cannot flow anywhere, it will remain where it is and increase. Normally, the Liver energy flows to its Son – the Heart. As long as the Heart Yang

is level, the Liver Yang has a place to empty its excess. Our work is to make sure that Heart Yang is not high. We can achieve this easily by using Tranquillization points, and advising the patient to go to bed by 10 pm and not to get up before 7 am, that is, have no break in the rest, no alcohol, and avoid sour foods, working on a computer and too much television.

Treatment

- Tranquillizing points:
 - Du 20, Ex 6 (Si Shen Gong), An-mian 1 or 2
 - UB 62
- Du 26, Ex point no name (between T2–3)
- Liver Yin or Blood Tonification points (see Table 14.3)

If the patient is on medication, the treatment should be given:

- At least three times per week at the beginning
- From the third week onwards, twice a week
- From the third month onwards, once in a week
- From the sixth month, twice monthly; and so on.

When reducing medication, the patient could get some fits. In this case, treatment should be given more often until the body adapts to the change.

14.2.4 Fibromyalgia

A very common problem, mostly among middle aged women, fibromyalgia is a typical Bi syndrome, caused by obstruction of Blood and Qi in the exterior meridians and collaterals (tendino-muscular meridians). These blocks are caused by exterior climatic factors (or interior heat, cold, wind and damp). Exterior obstruction could happen due to too much exposure or a deficient Yang Qi (protecting energy – especially in the Lung function of opening and closing the skin's pores, see page 305).

The main symptoms are pain and muscle tension, leading to restriction of movement. Associated symptoms are malaise, depression, low energy, irritability and insomnia.

The treatment is twofold: treatment of the pain, treatment of the person

This should be the treatment principle for any chronic pain syndrome. The treatment will fail or the improvement will be short lived when only the pain is considered, and not the circumstances of the person who is suffering the pain. If the person was treated for a general energy problem or emotional state, then they would feel better even if the pain is still present. This is why doctors prescribe anti-depressants and they sometimes work – until the side effects begin.

Tables 14.4 and 14.5 list the features for easy differentiation between the four types of muscle and tendon pain, and the general treatment principles.

Table 14.4

Hot pain	Cold pain
Severe, local, radiating, superficial, may be hot or inflamed	Dull, constant, deep, may be cold
Tension in muscle, difficult to move	Tension in muscle due to cold and inactivity
Worsens during activity, better with rest	Worsens with rest and in bed and better during activity
Treatment principles:	Treatment principles:
Cool, rest, short period of immobilization	Warm, exercise, massage
Direct moxibustion or hot needles (continuous frequency 10 hertz, 20 min.)	Electrical stimulation with needles
Bleed locally or distally	More Local, less Distal points
Less local, more distal points	Tonify Liver Yang/sedate Yin
Tonify Liver Yin/Sedate Yang	

Table 14.5

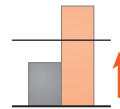
Damp pain	Wind pain
Stiffness and pain in muscles and tendons	Wandering pains in muscles and tendons
Fixed loci of pain	Different loci at different times
Worse on starting to move from rest, improves over two to three hours of activity	General tenderness in muscles and tendons
Can have also hot or cold symptoms	Can have also hot or cold symptoms
Oedema in pain areas, pain on sitting or lying in pain area, heaviness, worse in wet weather	Weakness of muscles, tendons
	Aversion to wind
	Irritability
Treatment principles	Treatment principles
Local, Distal points, salt baths	Wind-elimination point with technique
Local cupping or cupping massage	Moxa or electrical stimulation
Avoid fat, milk and refined carbohydrates	Avoid alcohol and sour and acidic foods
St 40, Sp 9 for dampness	Tonify Liver Blood

Treat the person

I shall present three sub-groups of patients who present pains like fibromyalgia.

The treatment for the person is given at the same time as that for the type of pain. Initially, it is more important to treat the person with fewer needles for the pain. If the pain does not improved with this, then you could concentrate on it more.

1. The peri-menopausal woman



Kidney Yin decreases in menopause, with ascending heat to the upper warmer

Symptoms

- Hot flushes
- Night sweating
- Restless sleep
- Hair loss, tinnitus
- Dryness, dizziness
- Quickly exhausted

Treatment: tonify Kidney Yin

- **K 4 – Luo point** (tonifies Yin and sedates Yang)
- **Ren 3 – Mu-front point Urinary Bladder** (tonifies Yin – also in the lower warmer)
- **Sp 6 – Distal point of lower warmer** (meeting point of three Yin meridians)
- **UB 40– Earth point of Urinary Bladder** (Grandmother point – tonifies Yin of Urinary Bladder)
- **Water** – drink, use, cook in
- **Midday rest**
- Avoid coffee, red meat and exposure to heat

2. Depressive, exhausted patient

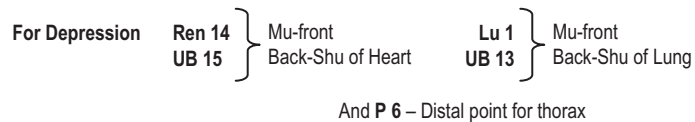


Heart, Lung Blood and Qi deficient, empty pulse in upper warmer, Liver Blood deficiency

Symptoms

- Pale, cold
- Hunched posture
- Endogenous depression
- Arms and legs go numb easily
- Dizziness, weakness
- Always tired
- Tearful

Treatment: tonify upper warmer, tonify Blood

**For Blood**

- Heart Yin and Yang tonification as above
- UB 17 – Influential point for Blood
- Sp 10 – Sea of Blood
- GB 39 – Influential point for bone marrow

For energy

- Ren 6 – Sea of Energy (Qi Hai)
- UB 24 – Back-shu point for Sea of Energy (Qi Hai Shu)
- St 36

3. Damp, oedematous type*Symptoms*

- Oedema in eyelids, hands and feet
- Or oedema in face, arms and legs
- Stiffness and limited mobility on starting to move after rest
- Fullness in middle warmer
- Semi-solid stools
- Heaviness in limbs

Treatment: tonify spleen function, circulate and eliminate dampness



Spleen Qi deficiency-stagnation of dampness

- Sp 9 – **Water point** of Spleen (promotes diuresis)
- St 40 – **Luo point** (sedates Yin, tonifies Yang, improves circulation)
- UB 20 – **back-Shu point of Spleen** (improves function)
- UB 39 – **Lower Sea point of Triple Warmer** (improves function)

- **Cupping** on Spleen back-Shu points
- **Avoid damp-producing foods** – refined carbohydrates and sugar, fats and fatty milk products
- Eat cooked and warm meals, drink warm Water
- Eat light, small meals in the evenings, fuller meals during the day

14.2.5 Paralysis

Although the cause of paralysis lies in the nervous system, which is Kidney related, the effect is on the motor function, and therefore I discuss it under Wood in this chapter. I am assuming that most patients consider acupuncture therapy after the acute phase of the disease has passed. Treatment should commence as soon as safely possible.

Some examples of paralysis due to a peripheral nerve lesion:

- Bell's palsy
- Polyneuropathy
- Peroneus nerve palsy

In fact, any peripheral nerve can suffer from injury after long duration of pressure, mechanical or energy block in Blood flow, causing flaccidity, muscle atrophy, coldness and weakness. The reflexes are very weak or non-existent. As I mentioned before, if treatment is started as soon as possible, then results are very good and recovery occurs after two to 12 treatment sessions.

Treatment principles

- Treat **locally and proximal to the affected area**, going as close to the **vertebral column** as possible. Thick needles and strong needle sensation is used, because the sensitivity is quite low.
- Local atrophy can be treated with **aquapuncture** or with **interval frequency electrical stimulation**. In China, thread-embedding therapy was used (with thick catgut). The idea is to prolong the period of local stimulation so that the muscle mass can build up once again. Aquapuncture, which is an intra-muscular injection of vitamin B12 (0.5–1 mL) lasts for a day, whereas the catgut can last two to three weeks. The patient can do exercises in the interval between acupuncture sessions, to improve the results even further.

I discuss two examples of peripheral nerve paralysis below.

Facial paralysis

Treatment should begin immediately. If the patient is on steroids, treatment should start as soon as this medication is stopped. Through and through needling is used – that means the needle should be inserted at one point and pushed in the direction of another point. We can stimulate both points in this way. Ideally, the needles should be stimulated with intermittent frequency electrical stimulation, and if the needles are well inserted into the muscles that are paralysed, an exaggerated movement of that muscle can be produced and continued for a few seconds, with a short break in between. We can leave the stimulator on for 20 minutes, but the muscle soon tires and the contractions become shaky. In this case, one should stop earlier. The points to use are:

- GB 14 in the direction towards Ex 3 (middle of the eyebrows)
- St 3 in the direction of LI 20
- St 7 towards SI 18
- St 6 towards St 4

Additional points:

- GB 20 – wind-elimination tonification
- LI 4 – Distal point
- GB 39 – Influential point for nerve marrow

At the end of the treatment, you could use plum-blossom hammer tapping on the upper and lower eyelids. The eye will close immediately after this. The treatment should be given for two to 12 sessions in all, depending on the rate of improvement.

Peroneus nerve palsy – foot drop

In Sri Lanka I used to see this in workers in the jewellery trade, who sat cross-legged on the floor all day while bending forward, thus pressing on the peroneus nerves. The palsy could be a symptom of pressure on the nerve by a prolapsed disc; or it could be as a result of a stroke. In both cases, it is not an example of peripheral nerve paralysis. But in the case of a polyneuropathy patient, this is a peripheral nerve paralysis. In every case, the treatment is similar, and the results are good.

Again, electrical stimulation with intermittent frequency, to make the foot-raising movement should be considered. Aquapuncture – intramuscular injections of 0.5–1 mL, vitamin B12 injections – could be given at the end of each session.

Points to use are:

- St 36
- GB 34 – all points with electrical stimulation – 20 minutes
- St 38 – aquapuncture on two points at a time
- UB 58

Lower motor neurone paralysis

I come from a country where poliomyelitis was common, and have treated many children during an epidemic of polio. I have also treated old polio victims. Nowadays it is more common to see lower motor neurone paralysis caused by spinal injuries, disc prolapse, Friedrich's ataxia, tumours, etc.

The lower motor neurone is an integral part of the spinal reflex arc and is the final common pathway for all motor impulses, involuntary or voluntary, directed to a muscle. A muscle seems to depend on its contact with the spinal cord (through the lower motor neurone) for its nutrition. If this contact is affected, the muscle atrophies.

Symptoms

- Weakness and flaccid paralysis
- Muscle atrophy
- Absence or weak reflexes
- Coldness, dryness and cyanosis
- Sensory disturbance – less sensitivity

Treatment

Similar to the treatment for peripheral nerve paralysis

- Local and Proximal points
- Prolonged stimulation and electrical stimulation with intermittent frequency
- Proximal points Ex 21 (Hua Tuo Jia Ji Back-Shu points) } at height of lesion

- Acupuncture points in larger muscles. For example:
 - Arms: LI 14, LI 11, TW 14, 13, 5, GB 21
 - Legs: St 31, 32, 36, UB 37, 57, GB 34, 31
 - GB 39 and GB 34 as Influential points.
 - Aquapuncture with vitamin B12 (cobalamin) – two points per treatment

Treatment should be given two to three times per week alongside physiotherapy. There should be progress each week. Massage and passive exercises are also recommended.

Upper motor neurone paralysis

This type of paralysis is caused by lesions at the cortical level.

Symptoms

- Paralysis is often unilateral
- Spastic paralysis – in flexor muscles of arms and extensor muscles in the legs (the anti-gravity muscles)
- Tendon reflexes high in amplitude, clonus
- Positive Babinski reflex
- No muscle atrophy

This is typical of a stroke or a cerebral tumour causing paralysis of the opposite side of body.

Treatment

Treatment should commence as soon as it is safely possible to do so. The longer the delay after the paralysis, the poorer the results. The best therapy for hemiplegia is **scalp acupuncture on motor area of the contralateral side**. (This can be done twice every week.)

- **Local points on arm and leg** (as in lower motor neurone paralysis) with strong stimulation therapy – sedation
- **Electrical stimulation with continuous frequency** to relax the muscles
- **Liv 5 with GB 40 – sedation** (Luo of Liver and Yuan-source of Gall Bladder)
- **GB 39 and GB 34** – Influential points
- Points around wrist and fingers, ankles and toes should be given in the second course of treatment:
 - TW 4, LI 5, Lu 9, Ba Xie for hands
 - St 41, UB 60, K 3 and Ba Feng for Feet
- One course of treatment should consist of 10–14 sessions; repeat after a 10-day interval
- Passive exercises

Box 14.3

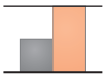

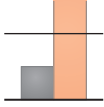
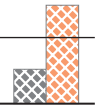


Extra meridians are very useful in the treatment of paralysis.

- K 6, the Confluent point of the Yin motility meridian, should be given on the side of a flaccid paralysis – to move the Yin into the Yang;
- UB 62, the Confluent point of the Yang motility meridian, should be used on the side of the spastic paralysis – to move the Yang into the Yin.

The motility meridians are also used to balance the two sides of the body. Therefore they can be used in unilateral paralysis as well – only on the affected side.

14.3 SUMMARY

Table 14.6

Liver						
Stores and releases Blood	Problems storing Blood – delayed coagulation	Pale, dizziness, extremities easily go numb, long menstrual cycles with scanty bleeding	Excessive, spontaneous bleeding, red face, hypertension, poor sleep, pulsating headache	Wind-heat symptoms with Liver Fire or wind – cold symptoms with Blood deficiency, wandering, paroxysmal, irritation or blocks	Cannot eliminate or circulate Blood freely, Blood stagnation, dysmenorrhoea at onset of menstruation, endometriosis, pre-menstrual tension	Blood deficiency, Low blood pressure, menstruation – one time heavy bleeding, next time scanty
Secretes bile			Could be jaundiced, with dry, itchy skin	Fullness of hypochondrial area, vomiting, pyloric spasm	Less bile, cannot tolerate same as Qi or digest milk foods, fatty yellow stools	
Controls muscle tension, strength	Always tense, finds it difficult to relax, nervous tics, tremors	Poor endurance, weak muscles	Very tense muscles, cannot relax, colic, spasm, strong muscle	Tremor or tics, wind block may cause unilateral paralysis, wandering muscular pain	Flaccid muscles, low vessel wall tension caused low Blood pressure	Weak and flaccid muscles, inner tremor at times of nervousness, nervous and restless
Nourishes and controls tendons	Hard, contracted tendons, difficulty in extending, easy ruptures, poor healing	Weakness of tendons, easy to strain	Acute tendonitis, inflamed and painful, with radiating pain		Weak tendons, hyperextension of joints, poor stability	Weak and soft tendons, severe instability

Opens to eye: sight, tears	Dry eyes, recurrent conjunctivitis, strabismus	Blurred vision, optic nerve atrophy	Conjunctivitis, red, painful eyes	Nystagmus irritated by wind, causing lacrimation	Short or long sight, 'straying eyes' when tired. Poor adaptation to light changes	Similar to Qi, excess lacrimation, changing with dryness
Emotion – anger	quickly angry, loses control when angry, 'never misses a fight'	Irritable, angry when tired, weak	Aggressive person, loud voiced, powerful	Irritable, aggressive if they are itching, or sneezing	Cannot show anger, soft voiced, but can be angry and tense inside	Always angry, irritable aggressive for no reason –'leaking' anger
Flavour – sour	Craves sweet-sour, cream-sour	Likes meat, salt- sour	Bitter-sour foods worsen symptoms	All sour foods worsen wind symptoms	Craves sour, bitter-sour, dislikes milk	Craves all sour foods but sour foods worsen symptoms

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CHAPTER 15

Needling Techniques

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In effective acupuncture treatment, making the correct energy diagnosis is half the battle won – this will ensure an appropriate effort to bring about balance. But it is only half the effort. The rest of the success of the treatment depends on choosing the best points, the correct needling manoeuvres and the necessary extraordinary therapies to carry out the therapy. The better we master these techniques, the more effective our single treatments will become. It is therefore worth spending some time and energy to learn about these.

Acupuncture is a ‘doing’ medicine. No matter how eloquent our choice of words and the explanations of the symptoms and illnesses of the patients it is finally what we do with our needles on the patient that works. Patients cooperate by making changes to their diet and lifestyle according to the energy balance we are trying to achieve. We have to give clear messages to the body with our needles, the manipulation of these needles, the choice of points to needle and selection of extraordinary therapies such as moxibustion, cupping, electrical stimulation of needles and plum-blossom needle tapping therapy. If our message is clear, the energy flow will change accordingly; if the message is not clear, or if we try to achieve too many changes within a short time, the energy flow will be confused and scattered.

One of my colleagues phoned me on several occasions to consult with me about her problem patients. Once she called to ask me about a particularly difficult case. After listening to the problem, I said to her, ‘This seems to be a problem patient. Maybe you should sedate Liv 2’.

‘I have already done that,’ she said.

‘Oh, maybe it was a deficiency, you could try tonifying Liv 8,’ I replied.

‘I have done that as well,’ she said immediately.

‘What do you mean, did you tonify or sedate the Liver?’ I asked.

‘I did both at the same time, I thought one of them should work!’ said my colleague.

This is what I meant by saying that we should give clear messages to the body. If you tonify and sedate an organ at the same time, what do you expect to happen? To which command should the body comply?

The next thing to remember is not to stimulate many ‘energy-balancing’ points in the same treatment. It is not as we are setting up a circuit of events that would start occurring one after another soon after the first needle; we are changing something more deep and fundamental in the body energy and this has to be done gradually and steadily, achieving little and maintaining that improvement, then achieving more on top of that – one by one.

Many practitioners try to do this by partly using needles and partly using herbal medicine. I mainly use acupuncture and some dietary and lifestyle changes where pertinent. After all, both herbal medicine and diet influence the deeper energies of the body.

Let us now take a look at the various needling techniques.

15.1 CHOICE OF NEEDLE

Table 15.1	
Thin needles	Thick needles
Used for thin-skinned areas: face, hands and feet	Used for thick-skinned areas – body, arms and legs
Used in tonification	Used for sedation technique
Used for cosmetic treatments and skin ailments – acne, cellulites, warts, psoriasis at local areas	Thick needles with metal handles are used in extraordinary therapies – moxa (hot needle, when a piece of moxa is attached to the handle of needle and burnt), electrical stimulation of needle, and in paralysis as local treatment

15.2 THE LENGTH OF NEEDLES

Acupuncture needles vary in length – the shorter ones are generally about 1.5cm and the longest are about 10cm. The commonly used sizes are 1.5–4.5cm. The long ones are used for the arms and legs and the torso; the buttocks require the longest needles. The face, hands and feet are needled with short needles, as they are usually not inserted more than 2cm deep, and the interdigital points require lengths shorter than 1cm.

15.3 THE NEEDLE MATERIAL

Acupuncture needles are commonly made of stainless steel, with copper handles. But stainless steel needles with plastic handles and silver- and gold-plated needles are also available. The colour of the metal is considered important – for instance, white metal is cooling and calming, and is good for improving Yin or for calming Yang; yellow metal is more stimulating and activating, and is good for tonifying Yang or to activate the flow of Yin. The ‘balanced needle’ is ideally the one that has both colours – the stainless steel needle with copper handle.

There have been many discussions on whether needles with plastic handles are less effective in comparison with metal handles; and whether there is flow of energy between the therapist and the patient through the needle. In my experience, energy is all-permeating and has a tendency to flow from person to person; from the exterior to the interior; from the interior to the exterior; but always from where it is in excess to where it is deficient.

Have you ever felt drained after a consultation in which you did not touch or examine the patient? When sitting in a room with a patient with a bad head cold and fever, have you never felt overwhelmed by that harmful energy and felt a headache coming on? Have you felt that on certain days you seem to acquire the symptoms of the patients, whereas on other days, they feel better after just talking to you?

It seems as if energy flows from a healthy person or healthy environment to the person with a deficient amount of energy – and, naturally it flows better if there was some instrument it could flow through. If this instrument is made of metal – both the body and handle of the needle were made of metal – it will be naturally more conducting than plastic. If the therapist was healthy, I could imagine all their patients feel better when treated in comparison to a sick therapist who might leave the patient feeling drained of energy after treatment.

When we perform acupuncture treatment, mostly we are trying to displace energy from one to another part of the body, or from one to another organ in the body. We do not try to introduce energy from the exterior to the interior of the body. The points we choose are like doors, which we open or close to receive or disperse energy from one to another meridian. The choice of points is very important, and the needling technique applied to these points is equally important. The use of extraordinary therapies is like cream on the cake – these treatments are optional, but make a profound difference to the quality of the treatment!

15.4 HOLDING THE NEEDLE

The acupuncture needle should be held (lovingly) with at least three fingers – the index and middle fingers are placed on the handle and needle shaft, respectively, and the thumb is placed in the middle, thus touching both the fingers, the shaft and the handle. This gives stability to the needle, and on using the wrist, one can turn the needle to any side for insertion.

An acupuncture point has a diameter of 1 mm to 3 cm. During winter and in Yin diseases the energy of the meridians tends to descend deep into the bone, thus making the points smaller and more difficult to reach accurately. In summer and when patients suffer from Yang dominant diseases, the energy rises to the surface and the points become larger – and it becomes easy to get to the point with a needle.

15.5 NEEDLE SENSATION

A therapist should try to produce needle sensation around the needle so that the point is within this energy field. This needle sensation can be one of the following:

- A dull ache around the point
- Conduction along a line (often the meridian line)
- Pins and needles
- Heaviness of the limb or this area
- A tension in this area

When the patient experiences any of these sensations, it is a sign that 'energy has arrived' in this area, and is at our disposal to tonify or sedate it, ascend or descend it, activate or calm it. The sensation is called 'De Qi' and it is the acupuncturist's best friend.

Most needles are given with an even method, which means the needle is manipulated until a needle sensation is obtained, then it is left in position for 20 minutes and finally it is removed. However, some needles are used with specific needle techniques to give special messages to the meridians.

15.6 NEEDLE TECHNIQUES

15.6.1 Tonification and sedation

Table 15.2

Tonification needling technique	Sedation needling technique
After inserting needle, mild manipulation is done – small degree of lifting, thrusting twisting and twirling – to produce needle sensation	After inserting needle, strong manipulation is done – large degree of lifting, thrusting, twisting and twirling – to produce needle sensation
Needle direction: in the direction of meridian flow, twirling with thumb first towards centre, then away (centre of body or midline)	Needle direction: against the direction of meridian flow, twirling thumb first away from centre, then towards the centre
Quick thrust and slow lifting	Quick lifting and slow thrust
The handle is scraped along the body	The handle is scraped away from body
The needle is retained for 20–60 minutes; longer in elderly patients and in chronic disease	The needle is retained for 5–30 minutes; shorter in acute states
The needle is removed during inhalation	The needle is removed during exhalation
The needle hole is closed	The needle hole is left open
Moxibustion is used for tonification of Yang. This is used in cold diseases of local areas or on Mu-front or back-Shu points in organ diseases	Blood-letting is used as elimination of heat and to release blood stagnation. To release heat, this method is used on Jing-well points (end or start points of meridians on the fingers or toes), or back-Shu points, or areas of venous bleeding and sometimes on local muscle pain areas
Aquapuncture, or point injection therapy, is used to prolong and increase point stimulation; it therefore increases energy. This is used in chronic conditions where there are severe deficiencies	Vibration technique is used for constant agitation of the needle, and is an excellent method for dispersing energy

Not all the tonification or sedation techniques are used on a point. Usually, one or two methods are selected at one time.

Tonifying a point merely means that we bring blood and energy to this area from other parts of the body. Sedating means that we disperse blood and energy from one area to other parts of the body. Needling is one way of doing this. Through our selection of points, we can give the body direct messages about where we will take the energy from or where we will send it. Not every needle we put in a patient will tonify or sedate the energy, and many times we treat Local, Distal, Symptomatic and Influential points with a balanced or neutral needle technique. There are, however, many other needling techniques, which combine these manoeuvres in different ways, in order to achieve different results. For instance, if a patient suffers from an upper respiratory tract infection, with irritation of the nose and throat, blocked nose, sneezing, headache etc., this is called an exterior wind symptom. It is caused by wind exposure and the wind attacks in the exterior parts of body (the skin and muscle and the area between, the head down to the throat). If the voice changes, it means that the exterior pathogenic factor has moved to the interior. This exogenous pathogenic wind can be eliminated from the exterior, using Wind-elimination points, and a wind-elimination needle technique. The wind-elimination technique used varies depending on the hot or cold nature of the wind symptoms.

15.6.2 Wind-elimination techniques

Let us first take a look at the wind symptoms.

Table 15.3

Wind-cold symptoms	Wind-heat symptoms
Runny or blocked nose, mucus is white	Sneezing or painful sinuses, mucus is coloured or with blood
Head feels cold, patient wishes to cover it	Head feels hot, patient wants to have fresh air (the body may feel cold)
Less thirst, preference for hot drinks	More thirst, preference to cool drinks
Urine and stool are lighter than usual for the patient	Urine and stool are darker than usual for the patient
Tongue has a white coating	Tongue has a yellow coating
Tongue colour does not change in exterior symptoms	Tongue colour does not change, only the coating changes
Pulse is superficial (exterior), wiry (wind) in character and slow (cold)	Pulse is superficial, wiry and fast (heat)
Need wind-elimination tonification technique	Need wind-elimination sedation technique

The wind-elimination technique is performed only on the Wind-eliminating points. These are listed on page 430. The combination of the correct technique on the appropriate point will bring about nearly instantaneous results; similarly, if we diagnose wrongly, and give the tonification technique when we should sedate or vice versa, the patient will instantly get worse!

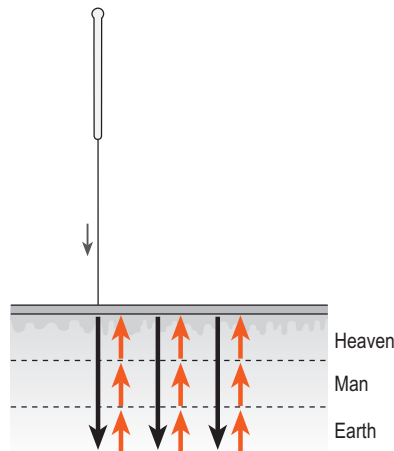
Opens to eye: sight, tears	Dry eyes, recurrent conjunctivitis, strabismus	Blurred vision, optic nerve atrophy	Conjunctivitis, red, painful eyes	Nystagmus irritated by wind, causing lacrimation	Short or long sight, 'straying eyes' when tired. Poor adaptation to light changes	Similar to Qi, excess lacrimation, changing with dryness
Emotion – anger	quickly angry, loses control when angry, 'never misses a fight'	Irritable, angry when tired, weak	Aggressive person, loud voiced, powerful	Irritable, aggressive if they are itching, or sneezing	Cannot show anger, soft voiced, but can be angry and tense inside	Always angry, irritable aggressive for no reason –'leaking' anger
Flavour – sour	Craves sweet-sour, cream-sour	Likes meat, salt- sour	Bitter-sour foods worsen symptoms	All sour foods worsen wind symptoms	Craves sour, bitter-sour, dislikes milk	Craves all sour foods but sour foods worsen symptoms

The advantage of this technique is that it could be used on any point, whether on a Yin meridian or a Yang meridian, on a Mu or Shu point, Local or Distal point, in an exterior or an interior problem – it increases the heat in this area or meridian or organ.

15.6.4 Heat-elimination technique or dispersing fire technique

As the name implies, this is the opposite technique to the heat-producing technique. We should lift the needle three times through the three levels of depth, and thrust once, and repeat this six times. This serves to eliminate heat from a local area, or an organ or a meridian.

Again, this is a very effective technique, and could be used instead of bleeding to eliminate heat. It can be used on a Local or a Distal point, Mu-front or back-Shu point – to disperse heat from there.



Bleeding

Another method of heat elimination involves **bleeding** a point on a meridian or the back-Shu point of an organ. If the heat is in the superficial areas of an organ system, the finger or toe point is preferred for bleeding. For instance:

- In sinusitis or pharyngitis – Lu 11 is bled a few drops. But if the heat was deeper in an internal organ, then the back-Shu point is better for eliminating heat from the organ.
- In the case of bronchitis or pneumonia, point UB 13 can be used with bleeding cup.
- Venous bleeding is also used if there is a suitable vein near a sedation point. Lu 5 venous bleeding is excellent in urticaria
- UB 40 venous bleeding is used in the case of a Yang backache.

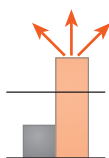
15.6.5 Sp 6 descending technique

This needle technique can change the entire energy situation in the Triple Warmer with one sweep! It has two indications:*

Table 15.5

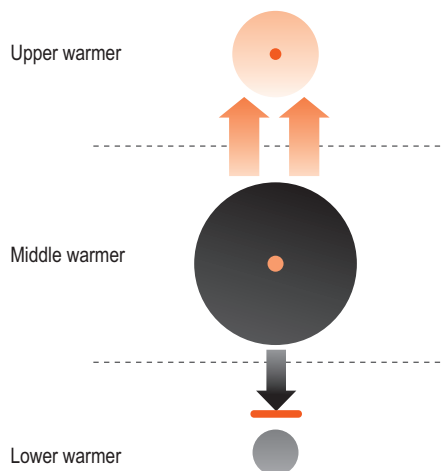
Kidney Yin deficiency with ascending Fire-heat

Kidney



This is a common situation in peri-menopausal women, or in hyperactive children, or in anyone else who has dryness and heat in the Kidneys. Heat will rise upwards, attacking the upper warmer, and creating heat symptoms such as hot flushes, sweating, mental restlessness, insomnia, tachycardia and high blood pressure. The treatment is to descend the heat back to the lower warmer, and balance it by tonifying Kidney Yin and sedating Yang.

Fullness in middle, cold and weakness in the lower, ascending damp-heat to the upper warmer



This is a common picture seen in Western men, with a beer belly where the dampness from fatty foods and heat from the alcohol stagnates; the lower part of body seems to be weak and cold, with poor function of both the reproductive and the urinary systems. The full middle warmer does not flow downwards, as it normally should; its flow seems blocked. The stagnant damp-heat flows upwards to the upper warmer, causing symptoms of red face, hot head, high blood pressure, tachycardia, excessive speech and mental restlessness, insomnia and respiratory tract infections. The treatment is to unblock the energy flow between the middle and lower warmers, so that the energy from the full middle flows downwards and the pseudo-heat symptoms in the upper warmer disappear automatically.

*This technique is contraindicated in conditions where the blood pressure is low, or the heart is weak – bradycardia, arrhythmia and angina pectoris. This is because it creates a depression in the upper warmer energy, and if there is already a weakness in the heart, it could get worse.

Contra-indication for using Spleen 6 Descending technique

The Sp 6 descending technique is performed on Sp 6 point alone. It can bring down the heart rate within one minute and the blood pressure down within 10 minutes. It can usually be used up to three times in the first week of treatment, and thereafter only once a week.

The needling technique itself is described below.

1. The patient should lie supine for this treatment, and no other needles should be in the patient at this moment. The rest of the points can be needled later during the same session, or should have already been so and the needles removed.
2. Needle Sp 6 bilaterally, just deep enough to stand.
3. Stand at the foot of the patient and cross your hands (your right hand on patient's right leg, and left hand on left leg), and twirl needle.

With the thumb first upwards and then down – in women
 With the thumb first downwards and then up – in men } six times

4. Then tell the patient to inhale through the nose, swallow once (not to swallow air), and exhale through nose. He or she should continue this breathing until you instruct them to stop.
5. Insert the needle in at Sp 6 as deep as you can without twirling. If you encounter the tibia, do not insert further.
6. Repeat the twirling again at the deep level, and this time in both men and women, twirl needle with the thumb, first downwards and then upwards six times

- Do three lifts and one thrust, repeating several times, with the needle becoming gradually more superficial



7. When the needle is just deep enough to stand without falling flat, leave the needle in place for one minute. The patient should still continue with the breathing as instructed.
8. After one minute, prepare to remove needle. Instruct the patient to change the breathing pattern: keeping his or her hands on their stomach, they should inhale through the nose and exhale heavily through the nose and mouth, and pull their stomach in while exhaling. The needle should be removed at the sixth exhalation.

15.6.6 Other balancing techniques

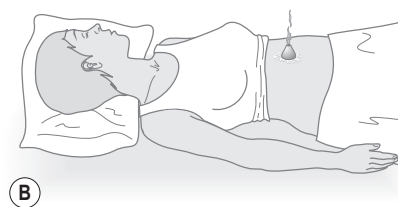
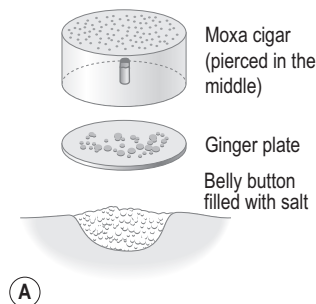
The Sp 6 descending technique balances the upper, middle and lower warmers. Similarly, there is a needle technique that balances the muscle tension on the left and right sides of the body. This can be used to treat hemiplegia, facial paralysis, or unilateral neck tension with or without headache.*

*One symptom that occurs in tandem with a difference in muscle tension on either side, is a **deviated tongue**. It may present in a person who has no symptoms of muscle tension or when there are unilateral muscle tension problems, or paralysis with either spasticity or flaccidity on one side of the body. It is quite understandable that the increased muscle tension on one side pushes the tongue to the other side. This symptom will improve or completely disappear after one treatment! However, the treatment must be consolidated by repeating it four to eight times (about two sessions per week). If there is no change after two sessions, then it is unlikely to cause an effect, and one need not continue with the treatment.

In what ways can moxa be used?

- **Direct moxibustion:** in the past, this method was quite common. The therapist picks up a small amount of moxa in their fingers (about the size of a grain of rice or a bean), sticks it on the skin with some balm, and lights it with an incense stick so that it will burn slowly. It can be used for causing scars (**scarring moxibustion**), which used to be a specialty treatment for seasonal asthma or hayfever. This method is not so popular now, even in China. The other way of using moxa is to remove the moxa from the skin when it gets hot (**non-scarring moxibustion**). This method is used when heating a single point. One could use several cones per treatment. It is quite time consuming and requires the therapist to stay near the patient for some time.
- **Indirect moxibustion:** this is quite a popular method. It requires use of some material between the moxa and the skin. Freshly cut, thin slices of ginger or garlic (about an eighth of a cm), pricked with a needle to make them porous, make an ideal conducting agent, as ginger and garlic are spices that stimulate the Lung and skin – this greatly increases the effect of the moxibustion.

Ginger moxa is by far the most commonly used. The ginger slices containing the moxa wool are lit in several spots, can be placed on back-Shu points, or on the Du meridian, and moved to another point when one area gets too hot.



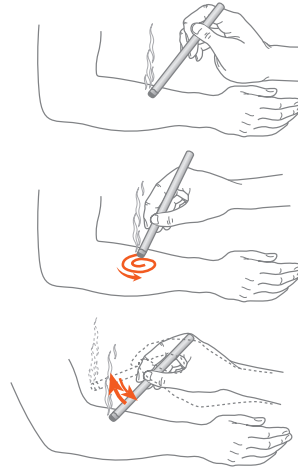
Indirect moxa is used in:

- Cold diseases of organs on the back-Shu points
- On local areas in cold or damp skin disorders (warts, vitiligo)
- Du meridian moxa (snake moxa) for cold in the whole body, or when the back is weak or in kyphosis

Moxa does cause smoke and smell. It is a good idea to have an extractor fan fitted in the rooms where one intends to do moxa therapy. It will clear the smoke instantly. Nothing will clear the smell though. One can open the windows to air the rooms between patients. For those who dislike the smoke and smell of burning moxa, there is also a smokeless moxa.

Note: Moxa is contraindicated in conditions with heat or fever.

Moxa cigar



Like a long cigar, a moxa cigar can be lit and used to warm points, lines or areas. Easy to use, and more acceptable to the patients than moxa left on the skin, it is used for the following treatment:

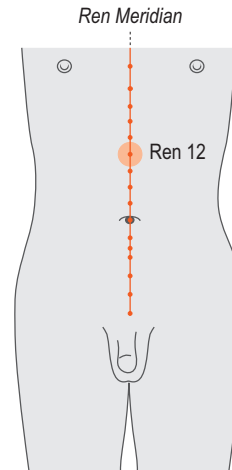
- **Moxa a point with the sparrow-pecking method:** This name comes from the manoeuvre – go close to the point with the moxa cigar and pull back after two or three seconds, repeating it until the heat gets uncomfortable for the patient.

Box 15.1

One important thing to remember when performing moxibustion with a cigar is never to hold the moxa cigar on a point without moving. Always move the cigar – either pecking or moving round in circles or drawing lines, so that the skin does not get too hot and cause a blister, but rather, the heat penetrates deeper.

The sparrow-pecking method is used on point Sp 1 for slow-bleeding symptoms and on UB 67 to turn a malpositioned fetus in late pregnancy.

- **Moxa an area or line with the warming method:** Light a moxa cigar (always trim it flat before re-using. If this is not done, it will have a conical shape, which might fall off while burning), and fill an area or an imaginary circle with strokes. You should do this until the warmth moves deep in to the organ.



The grey dot in the figure is point Ren 12; the area around it should be warmed with moxa. What we have at the end of the treatment is a larger warm area around the acupuncture point, and the heat travels deep into this area. The warming method is used on point Ren 12 in patients with over-eating disorders or alcohol addiction, and on point Ren 3 in dysmenorrhoea and infertility. It is used to warm the hands on P 8 and the feet on K 1.

Hot needle



This method combines the use of needles and moxa. Moxa pieces (available ready-made and secured with mulberry paper) are threaded onto the needles – one piece per needle – and as one end of the needle is inserted to the desired depth in the muscle, the other end is lit! The patient lies with four to eight needles smoking away on the back or in the hip. The advantage of the hot needle method is that one can use it with long needles, and therefore the heat is carried deep into the body. It is ideal for treating damp, cold pains in large joints – hip, back, knee, shoulder. Having set up the patient with moxa, you can leave the room for about 15 minutes.

Hot needles are used in backache, osteo-arthritis of hip, knee pain, sciatica and shoulder pain.

Moxa box

This is a wooden box with a lid. There is a wire mesh inside the box onto which one can put moxa wool and light it. The box can then be placed on the stomach or back of the patient. The lid has a hole through which the smoke can pass. This is used to warm large areas of the body.

15.7.2 Cupping therapy

Box 15.2

Cupping therapy is used in:

- Local dampness
- In starting pains that require a long time to improve
- On bursas – used locally
- On pressure pains – used locally
- In Yin stagnation in organs, use on back-Shu point

Methods

- Retain cup
- Intermittent cup
- Moving cup
- Bleeding cup

In the old days, animal horns were scraped to create a hollow; later bamboo was used; now there are glass cups of various sizes into which a pair of forceps holding burning cotton wool is introduced briefly – to create a vacuum – and then the cup is placed on the skin. The cup holds tightly to the skin, because of the suction effect created by the vacuum.

There are cups available with a rubber top. One can squeeze part of the air out before placing the cup on the skin, and this will create a vacuum. This might feel safer to use than the fire vacuum because of possible burns to the skin.

Cupping is a very effective treatment for musculo-skeletal pains. It should be used locally, at the site of pain. It is especially effective in the treatment of damp or fixed pains (caused by stagnation of fluid in the area of pain), and in damp stagnation states of internal organs.

EXAMPLE: RETAIN CUP

Shoulder pain

Treat with local points such as LI 15, TW 14, GB 21, and other Ah-Shi points and Distal points.* Add Influential points for muscle and tendon – GB 34; and Influential point for bone – UB 11.

Leave all needles for 20 minutes; remove the local needles only after 15 minutes, and place two to three cups on the pain area. These cups and the rest of the needles may be removed after another 10 minutes.

* This is excellent in bursitis, and pressure pains when the patient cannot lie on the painful shoulder.

Back ache

After local needling, two to four cups may be placed for 10 minutes on the painful area. There is an improvement in the range of movements immediately after treatment, and you will see that patients can put on their socks and shoes much more easily than before the treatment. Cupping is especially suitable in pains which occur when starting to move after rest, with stiffness and reduced mobility, and which take a long time (two to three hours after getting up from sleep) to improve.

Osteo-arthritis of the hip joint

This is treated locally with either hot needles or electrical stimulation of needles, depending on whether it is a cold or hot pain. At the end of needling, four large cups may be placed around the hip joint and removed after 10 minutes. This increases the mobility of the joint.

Cupping in oedema and damp stagnation in organs

Cupping works well on an area with cold oedema. In the treatment of osteo-arthritis of knee, there is often some oedema around the knee. Cupping may be used on these areas, and is very effective. In damp conditions of internal organs, especially in cases where the elimination or circulation of the fluid is poor, cupping on the back-Shu points of the organ will be helpful.

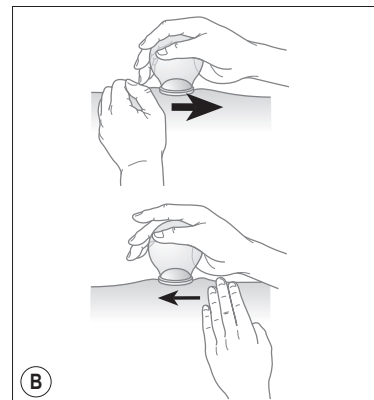
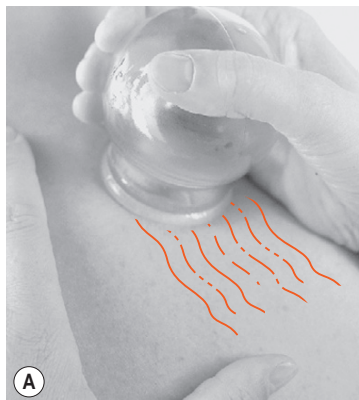
Examples

- Cough with excessive phlegm, chronic bronchitis or asthma – cup UB 13
- Back-Shu point of Lung
- Peripheral oedema – Cup UB 20, back-Shu point of Spleen
- Oliguria with water retention in chronic pyelo-nephritis – UB 23, back-Shu of Kidney
- Urine retention in Bladder instability – Cup UB 28, back-Shu of Urinary Bladder

Cupping is also very effective in the management of ascites or lymph oedema in any area of the body. Two points should be used simultaneously for this – Ren 5 and Ren 9. These points are needled for 10 minutes, and when these are removed, the cups can be applied for another 10 minutes

Since cupping is usually performed using fire to create a vacuum, it often leaves a bruise that takes a few days to disappear. If the patient wishes to avoid having bruises, then **intermittent cupping** could be applied. This is a method where the cup is applied and removed immediately (making a popping sound) several times till the affected area is quite red and warm.

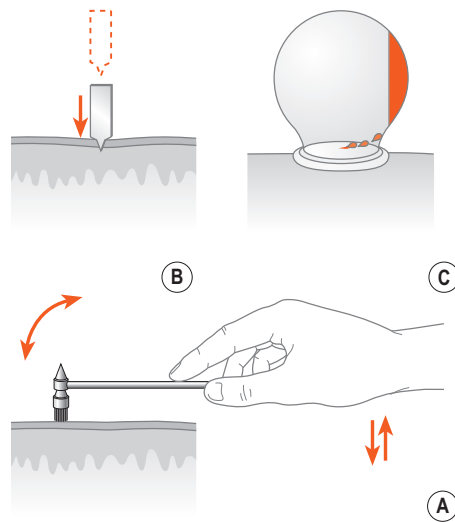
Moving cup



This is an excellent method of massage and can be performed with cups with rubber squeezers. The skin needs to be rubbed with oil (olive oil or any other vegetable oil is good, and St John's wort oil is very warming), and then the cup is fixed at a spot, and pulled along the skin downwards or outwards several times until there is a red skin reaction. The direction in which the cup should be pulled is decided by where the fluid should be dispelled to.

- This is very effective in neck pain where the neck and shoulders are somewhat swollen.
- It can be used to treat cellulites and carpal-tunnel syndrome locally, to move the stagnant dampness.
- It is also very good for chronic sinusitis, when the patient complains that there is much mucus and the head is feeling fuzzy. Moving cup is then performed on the neck.

Bleeding cup



Bleeding is used to release:

- Heat from an area or an organ
- Blood stagnation from an area

Blood-letting may be done in quite a few ways. Cupping could be used as one of the methods. One needs to have the forceps ready with a ball of cotton wool already moistened with some surgical spirit, a lighter and a large cup. Having highlighted the area to be bled, clean the skin, and make several punctures with a lancet in the area. Then immediately light the fire and place the cup on the bleeding area, so that a greater amount of bleeding occurs into the cup. The cup is left for five minutes, and then removed and the skin cleaned. The punctured area does not need to be dressed.

Bleeding cup is a very efficient method to eliminate heat from an organ, whether in an acute or a chronic state.

EXAMPLES

Acute bronchitis or pneumonia

- Bleeding cup on back-Shu point of Lung – UB 13, and any other back-Shu points on the posterior surface of the Lung that are tender to the touch.
- Other Symptomatic points for cough and fever can be given at the same time.

Chronic bronchitis with dry, urgent cough and low grade fever, night sweating

- The same procedure could be used, this time with Symptomatic points for cough and Lung Yin tonification.

Acute cholecystitis with pain and fever

- Bleeding cup can be used on UB 19, back-Shu point of Gall Bladder, along with GB 36 (Xi-cleft point)
- Extra point Gall Bladder –1 cun below GB 34
- Ear acupuncture points: GB, Adrenal, Shenmen

Chronic pancreatitis with pain and diarrhoea

The patient is usually very thin and under-weight.

- Bleeding cup on Extra point Pancreas Shu (1.5 cun lateral to interspace of thoracic vertebrae 9–10), can release the heat of the inflammation
- Spleen Blood and function could be tonified with points Liv 13 and UB 20
- Symptomatic points for diarrhoea
- Local points for abdominal pain can be used simultaneously

These examples illustrate that bleeding cup on back-Shu points of organs only release heat, and do not affect the functional Qi. Therefore it becomes possible to use them in both excess and deficient states of the organs.

Bleeding cup method of treatment is contraindicated in patients on anticoagulants.

15.7.3 Plum-blossom needle tapping therapy

This little hammer gets its name from the many short needles protruding from it, resembling the petals of the plum flower. It is used for tapping the skin gently or heavily. This scattered superficial needling treats the cutaneous areas of the meridian, as climatic pathogenic factors can enter the body through these areas when the immune system is not sufficiently strong to eliminate them.

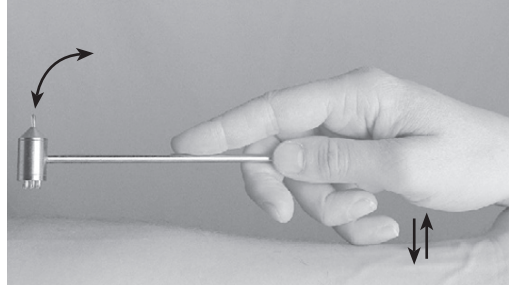
1. Light tapping – this is used to cause a red reaction of the skin.

Local light tapping is used to increase the blood and energy flow in an area:

- In areas of local numbness
- On areas with vitiligo
- Around the eyes in short-sightedness in children
- Para-vertebral line tapping 1 cm lateral to the midline, is used for stimulating the function of the internal organs in the area, or for treating back or neck pain

2. Heavy tapping – this is used for bleeding the skin, and is another method of releasing heat.

- Neuro-dermatitis – local tapping to bleed, for releasing wind-heat.
- Psoriasis with itching and bleeding – blood-letting will help let out the harmful pathogenic Yang.
- Hair loss in areas – plum-blossom bleeding for the first 14 days of treatment will help hair grow again. But as the first hairs appear, plum-blossom tapping should be stopped and electrical stimulation given.



15.7.4 Electrical stimulation of needles

This is a treatment that was ‘invented’ in China in the early 1960s. I remember trying out various electrical circuits using a few batteries and wires connected to needles on my body when I was a student in China! I also participated in the initial trials of providing acupuncture analgesia in surgery, in the Second Military Medical Hospital in Shanghai. These trials were not always successful, and today’s experience and wisdom is based on many sacrifices on the part of the medical staff and the patients of yesterday’s China.

Electrical stimulation is a labour-saving way of stimulating many needles (at least four per treatment) simultaneously in the time period of an acupuncture treatment, i.e. 20 minutes. It is easy and simple to attach the needles to an electrical stimulator, and select the frequency and intensity of the stimulation – and let the patient control the machine.

A standard electrical stimulator provides three different frequencies.

Continuous frequency

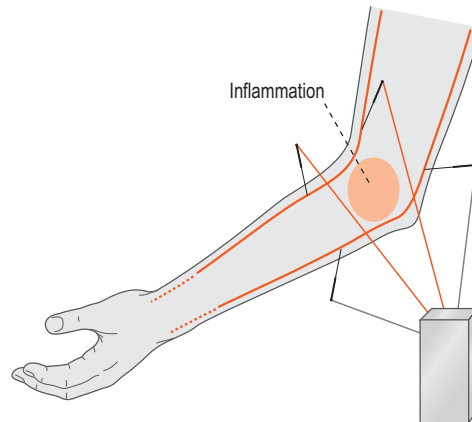


This is a frequency with equal peaks and intervals. It can be regulated to:

- Slow: 5–10 Hertz
- Fast: 50–100 Hertz
- Very rapid: 1000–2000 Hertz

The slower frequency is more similar to continuous manual agitation of the needle, which is similar to the sedation technique. Rapid stimulation is applied in acupuncture analgesia for surgery. Basically, the faster the frequency, the better the pain relief.

The slower continuous frequency is what we commonly use in the treatment of musculo-skeletal pain. It is very effective in hot pains – that is, pains that worsen during activity or sports, or in inflammation or injury. Wherever possible, the needles are given in the painful area, but in the case of inflammation, it is also possible to needle above and below the pain and connect the circuit *through the inflamed area*.



The figure shows two meridians passing through an inflamed or a hot pain area; the needles are placed on either side of the area, **on the meridian**. These points need not be acupuncture points, but should be on the meridian. The clips from one outlet of the electro-stimulator are placed on the same meridian, one above and one below the inflammation. Thus when the machine is switched on, the circuit will pass through the affected area and disperse the heat. A continuous frequency of 5–10 Hertz is used for 20 minutes.

EXAMPLES

Painless childbirth

Continuous frequency is used for painless childbirth, on the point UB 32 on the back, and points Sp 6 and 7 on the leg. Because the patient is very restless, it is difficult to fix needles and an electrical stimulator to one place. Therefore, the same points are generally used with a transcutaneous electrical nerve stimulation (TENS) machine.

Phantom pain

The most dramatic effect of continuous frequency electrical stimulation for pain relief is in the treatment of phantom pain, when patients feel pain in amputated or otherwise lost parts of the body, e.g. a second toe. In this case six meridians in the arm or leg are interrupted, and the energy does not flow through. The treatment is very simple.

- Remember the energy flows according to the Organ Clock. In the leg, the energy flows from the Stomach to the Spleen; and from the Urinary Bladder to the Kidney; and from the Gall Bladder meridian to Liver. Place a needle on the Gall Bladder meridian on the part above the stump (this could be anywhere along the Gall Bladder meridian, and not necessarily on a point) and another on the Liver meridian. Connect these two points with the same outlet on the electro-stimulator and give a continuous frequency stimulation of 5–10 Hertz. Ideally, the patient should feel the movement of the needles on both the points. If this is not so, then you must select the wires so that the needle on the Gall Bladder meridian is felt.

The same procedure is repeated between the Stomach and Spleen meridians, and the Urinary Bladder and Kidney meridians. The needles should be stimulated for 30 minutes. The pain will reduce after the first session. However, treatment must be given twice weekly, for a total of eight times.

Intermittent frequency



This is a burst of electrical impulses that lasts for a few seconds, which after an interval of a few seconds is followed by the next burst. It is generally used to tense and exercise the muscle in flaccid paralysis.

CLINICAL EXAMPLE: FACIAL PARALYSIS (BELL'S Palsy)

In patients with flaccid paralysis of the facial muscles, acupuncture with intermittent frequency electro-stimulation may be used on the following points to increase muscle tension and strength:

- GB 14 through to mid-eyebrow for raising the eyebrow
- St 3 through to LI 20 for wrinkling the nose and lower eyelid
- St 7 through to SI 18 and St 6 through to St 4 for smiling

These needles are connected to the electrical stimulator with intermittent frequency. When the current burst comes, the whole side of face will move for a few seconds and then relax. This will happen every few seconds. At the beginning of the treatment, the facial muscles are too weak to continue with this stimulation for 20 minutes, and lose the stimulated movement within five minutes. This will improve in the subsequent treatment sessions, and the length of stimulation can be increased gradually.

More examples are given on pages 421–423.

Dense-disperse frequency



These are two different frequencies that alternate with each other, so that the patient does not get used to the stimulation. It is used in pain relief therapy for longer periods, such as acupuncture analgesia in childbirth or surgery. Usually, the patient gets used to the electrical stimulation within 20 minutes, and feels it is necessary to increase the intensity. This is not a problem in the case of the dense-disperse frequency, and the needle stimulation will be felt and be effective as long as it is required, so that the sensation of pain will not return in the middle of an operation.

CHAPTER 16

Postscript

Readers will have realized that the main focus of this book has been 'energy balance' – the concept of 'energy flow' from where it is in excess to where there is a deficiency, between organs, meridians and areas of the body – in order to maintain a balance or equilibrium. This is how energy tends to flow – if the body is healthy. It is believed that pathological states arise from abnormalities of energy flow, such as stagnations and blocks or imbalances. In areas specially suffering stress and tension, in areas that are over-used, it becomes more difficult for the energy to flow normally. This gradually causes excesses to increase and deficiencies to worsen, creating a vicious cycle. At this point, intervention through a change of lifestyle, and channelling the energies into their correct path by stimulating acupuncture points and meridians, would be a simple and effective way to restore balance.

I have been a practitioner for over 33 years and a teacher for 26 years. Imparting knowledge and teaching clinical skills to practitioners is a very responsible task. I have enjoyed this work very much and have taught health professionals from many parts of the world, from many medical specialities. I have learnt more from them than they have from me. I take this opportunity to thank my past and present students.

I have also seen acupuncture gain in popularity in the West. When I had my first group of German students in 1979, acupuncture was relatively new to Germany. There were nearly no books to read about the subject, and both patients and doctors did not think much of it. Today, acupuncture enjoys great recognition. There are so many books that one would not know which to read. I feel privileged to be a part of this great time for acupuncture, and to be able to add my one drop of experience to this vast ocean.

There is one aspect that any training course or any book cannot offer – and that is the attitude and approach of the therapist to the patient. This – as in any other medical practice – is crucial to achieve the best results in acupuncture treatment and comes from observing good practice and learning to empathize with the patient. All clinicians would agree that the treatment of a patient has two important elements:

1. The technical element – as outlined in this book, including diagnosis, choice of points, needling techniques, etc.
2. The human element – which involves the clinician's personal approach to the patient. I am not referring to what is known as 'bedside manners' in Western medicine, but to the emotional link that the therapist develops with the patient, according to their personal philosophies and values. This therapeutic alliance between the therapist and patient could be referred to as a rapport or 'chemistry'.

The above aspects of treatment cannot be addressed in standardized clinical trials. Our clinical results depend largely on the therapist but a major proportion is also dependent on the patient's own motivation and participation; and only the rest is dependent on the treatment.

Acupuncture treatments have to be individualized for patients. Even though many patients may suffer from the complaint, they are different people with different energy states and emotional states, with different causes and different circumstances. The periods of history of the complaint may vary, the patients may show different degrees of tolerance to the complaint and could be taking different medications, either for this complaint or for other problems. How correct would it be to treat all these people in a similar way, without taking the whole person into

account, just because one of their symptoms is similar to another's? If a treatment that treats only a symptom and not the whole fails to produce a good result, it is not because there is a problem with acupuncture – but because the patient was not treated, only one problem was treated. The complaint was considered to be 'outside' the patient, and not a part of the entire person.

I hope I have emphasized enough that acupuncture is a treatment for the energy state of the body and not for a pain at one site or a dysfunction of one organ.

I wish all my readers and colleagues great achievements and satisfaction in their practice of acupuncture. In event of a failure, remember to re-analyse the energy diagnosis and correct the energy-balancing treatment. Then, failure becomes a stepping-stone to success. Great indeed is the power of the needle held safely in those trained hands!

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